

Introduction

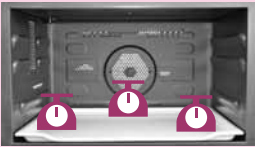
Open and close the door once, and make sure that 0 is displayed in the display area.

- To save power, when the oven is not used and left with 0 displayed, the power will turn off automatically after about 10 minutes.
The power does not turn on when you simply insert the power plug in an outlet (Standby Power Zero Watt Function).

When the door is opened and closed, the power turns on and 0 is displayed in the display area.
How to Turn On the Power → P. E-4

Using Auto Cooking Skillfully

- The oven has a built-in Triple Weight Sensor for cooking food by measuring its weight, using the Auto Menu.
- There are 34 types of Auto Menu options available, where you do not need to set the heating method, time, or temperature. You can cook delicious food simply by selecting a menu option and pressing Start.



Zero-point adjustment is required from time to time. → P. E-5

My Menu Reheat

- My Menu Reheat is a feature for cooking food the way you prefer, if you register the weight of the containers that you use. → P. E-29-E-31
- You can also heat food optimally without registering the container, by measuring its weight each time you use it. → P. E-31

Table of Contents

Check First

Introduction	E-2
What to Check and Prepare Before Using Your Oven for the First Time ..	E-4-E-5
• Checking Setup	E-4
• How to Turn On the Power	E-4
• How to Run the Oven Empty (Deodorizing)	E-5
• Zero-Point Adjustment	E-5
Part Names / Control Panel / Accessories	E-6-E-7
Safety Precautions	E-8-E-12
How Heating Works	E-13
How to Use Accessories	E-14-E-17
• Accessories Used with Auto Cooking	E-14-E-15
• Accessories Used in Manual Cooking	E-16
• How to Insert the Ceramic Tray	E-16
• How to Use Water Tank	E-17
Useable and Unusable Containers	E-18-E-19

How to Use the Oven, and Helpful Tips

Tips for Using the Oven Efficiently/Cooking ..	E-20-E-21
• Amount of Food and Size/Weight of Containers ..	E-20
• Where to Place the Food	E-20
• Reheating Two or More Pieces of Food at the Same Time ..	E-20
• Adjusting Doneness in Auto Cooking	E-21
• Checking Doneness During Cooking	E-21
• Additional Heating After Auto Cooking	E-21
• Removing Food (Containers) and Accessories After Cooking ..	E-21
• Switching the Completion Sound (Melody)	E-21

Auto Cooking

Reheat

• Reheating Rice and Side Dishes	E-22-E-23
1 Reheat	
• Reheating Two Different Types of Foods (Such as Rice and Side Dishes) Stored at Room Temperature or Chilled at the Same Time	E-24
1 Reheat	
• Reheating Two Types of Foods (Such as Frozen Rice and Side Dishes) Stored at Different Temperatures (Chilled or Frozen) at the Same Time	E-25
4 Frozen (L) & Chilled (R)	

Auto Cooking

Manual Cooking

• Defrost & Reheat, Steam Reheat, Beverages, Crispy Cooking	E-26-E-28
2 Defrost & Reheat	
3 Steam Reheat	
5 Milk	
9 Crispy Cooking (Chilled)	
10 Crispy Cooking (Frozen)	
• Reheat Rice, Soup, and Beverages Using My Menu	
My Menu	E-29-E-31
31 Rice	
32 Frozen Rice	
33 Soup	
34 Milk	
• How to Register a Container	E-29
• Using a Registered Container to Reheat ..	E-30
• Reheat Without Registering the Container Weight ..	E-31

Preparing Food

• Defrosting Meat and Fish	6 Defrost	...	E-32-E-33
• Heating Vegetables (Boiling)			E-34
7 Leafy Vegetables		8 Root Vegetables	

to Cooking

Cooking Food

Cooking with Preheat No Menu Options · · E-35

Preheat: No

11 Chawanmushi

12 Steamed Whitefish

13 Baked Potato

14 Chinjao Rosu

15 Gratin/Lasagna

16 Yakitori

18 Healthy Fried Shrimp

19 Cabbage Rolls

20 Quick Bread

23 Cake

24 Homemade Foods

Standard Cooking

(Healthy Cooking can also be selected)

27 Hamburg Steak

28 Grilled Chicken with Herbs

29 Chicken Teriyaki

30 Fried Chicken

Cooking with Preheat Yes Menu Options

Healthy

27 Hamburg Steak

30 Fried Chicken

Cooking with Preheat Yes Menu Options ..

17 Roast Chicken

21 French Bread

22 Crispy Pizza

Preheat: Yes

E-36

E-37

Manual Cooking

Microwave Heating	
• Heating at a Constant Output (Wattage) ..	E-38-E-39
• Automatically Lower Output (Wattage) During Heating (Relay Heating)	E-40
Grill Heating	
• Heat While Browning the Surface of Foods Like Fish ..	E-41
Oven Heating	
• Heating with Preheat Yes	E-42-E-43
• Heating Using Preheat No	E-44
Combination with Steam/Superheated Steam	
• Combine Microwave/Grill/Oven Heating with Steam/Superheated Steam	E-45
Leaven	
• Heat Using Steam Microwave Leavening ..	E-46
• Heat Using Steam Oven Leavening ..	E-47
Heating Times for Manual Cooking ..	E-48-E-49

Maintenance

• Maintaining the Main Unit/Accessories ..	E-50-E-51
• How to Drain the Water	E-51
25 Cleaning	
• Removing Unwanted Smells (Deodorizing) ..	E-51
26 Deodorizing	
• How to Clean the Oven Cavity	E-51
25 Cleaning	

Additional Information

• When Food Does Not Turn Out Well	E-52-E-55
• Troubleshooting	E-55-E-57
• When Notices Are Displayed	E-57
• Specifications	E-104

Recipes

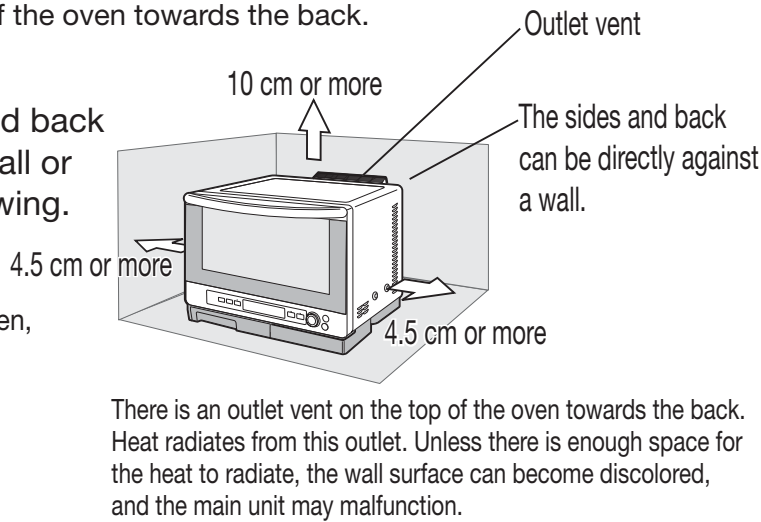
• Recipes Table of Contents	E-58-E-59
-----------------------------------	-----------

What to Check and Prepare Before Using Your Oven for the First Time

What to Check and Prepare Before Using Your Oven for the First Time

Checking Installation P. E-9, E-12

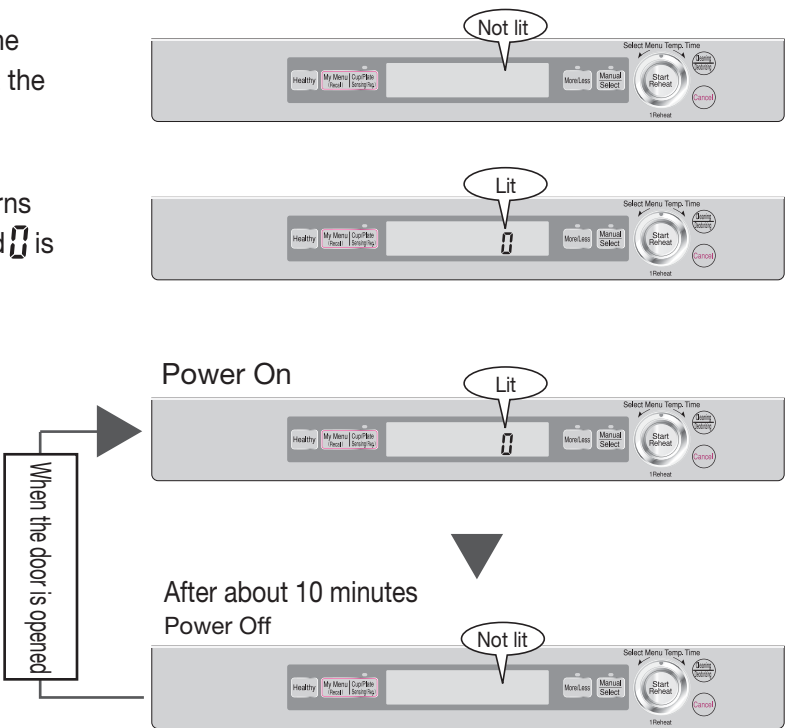
- When you install your oven, leave enough space for heat to radiate, following the diagram shown here.
Note: There is an outlet vent on the top of the oven towards the back.
Heat radiates from this outlet vent.
- Although you can align the sides and back of the main unit directly against a wall or furniture, be sure to check the following.
 - Is the wall or storage rack weak with respect to heat?
 - Leave some space between the wall and oven, because contact with the oven may cause marks on the wall, depending on the wall material. If the wall behind the oven is a glass wall, is there a space of 20 cm or more?Note: If the oven is close to a glass wall, differences in temperature may cause the glass to break.
- Do not install the oven near curtains or objects that are weak with respect to heat.
- Do not install the oven so that the inlet vent on the bottom is covered.
- Do not install the oven such that the five sides (top, left side, right side, back, bottom) are covered.



How to Turn On the Power

The power turns on when the door is opened (is displayed in the display area).

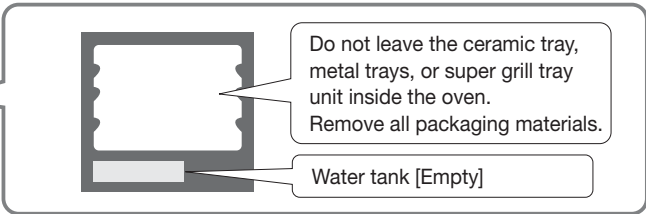
- To save power when the oven is not in use, the power will not turn on when you simply insert the power plug into an outlet.
- When the door is opened once, the power turns on. The lights light up on the LCD display and is displayed in the display area.
- When the oven is left as-is with the power On, the power turns off automatically after about 10 minutes.
(Standby Power Zero Watt Function)



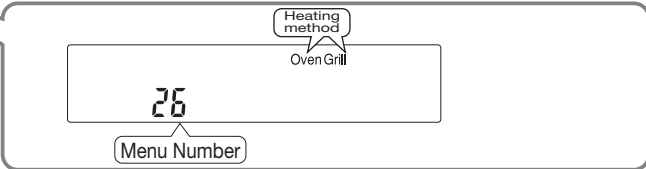
How to Run the Oven Empty (Deodorizing) 26 Deodorizing

- The walls of the oven cavity are coated with oil to prevent rusting. When you use the oven for the first time, run the oven empty (deodorize) to burn off the oil by following the steps below.

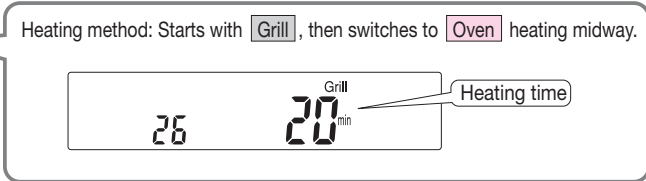
Preparation Empty the oven cavity and close the door.



1 Press and select **26 Deodorizing**.
• After the oven finishes running empty, the fan spins in order to cool the oven.

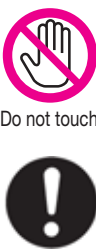


2 Press to start.



When the procedure is complete, a beep will sound.
• After the oven finishes running empty, the fan spins in order to cool the oven.

CAUTION



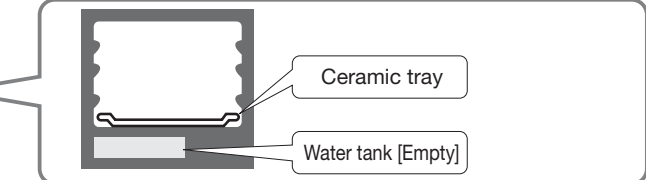
- Will result in burns, injury, and fire.
- When running the oven empty (Deodorizing), during the heating and also for some time after the process is complete, do not touch the main unit (door, outer cover, oven cavity, and surroundings).
 - When running the oven empty (Deodorizing), do not place anything in the oven cavity.
 - When running the oven empty (Deodorizing), there may be a smell of burning oil, or smoke may appear. Open a window or ventilate the area using a fan.
 - Move small animals that are sensitive to smoke or odors, such as birds, to a different room.
 - Use after the oven cavity has cooled down.

Zero-Point Adjustment (After the oven cavity has cooled down)

- Using Auto Cooking, you do not need to set the heating method, time, temperature, and so on. When you select a menu option and press Start, food is cooked automatically. To cook food more efficiently, the oven is equipped with a weight sensor that measures the weight of the container in which the food is placed. When you use the oven for the first time, perform the zero-point adjustment of this weight sensor by following the steps below.

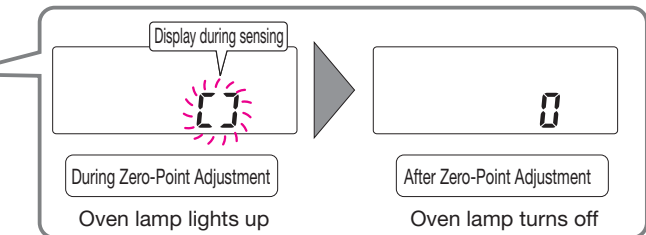
1 Set the ceramic tray on the bottom of the oven cavity, and close the door.

For information on how to set the ceramic tray
P. E-16



2 Close the door while 0 is displayed in the display area, and press and hold down for at least three seconds.

The buzzer beeps. The oven lamp turns on and display during sensing. After a few seconds, the zero-point adjustment is complete.

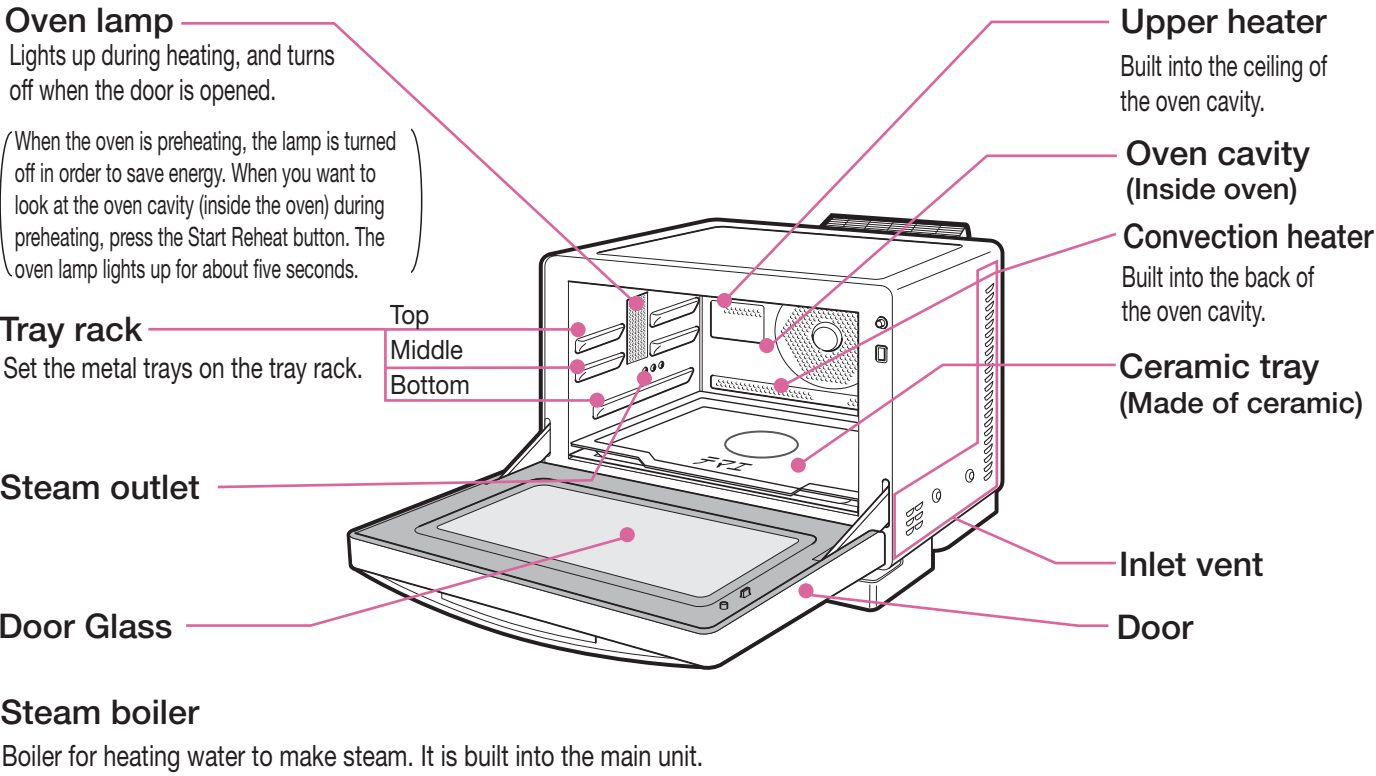
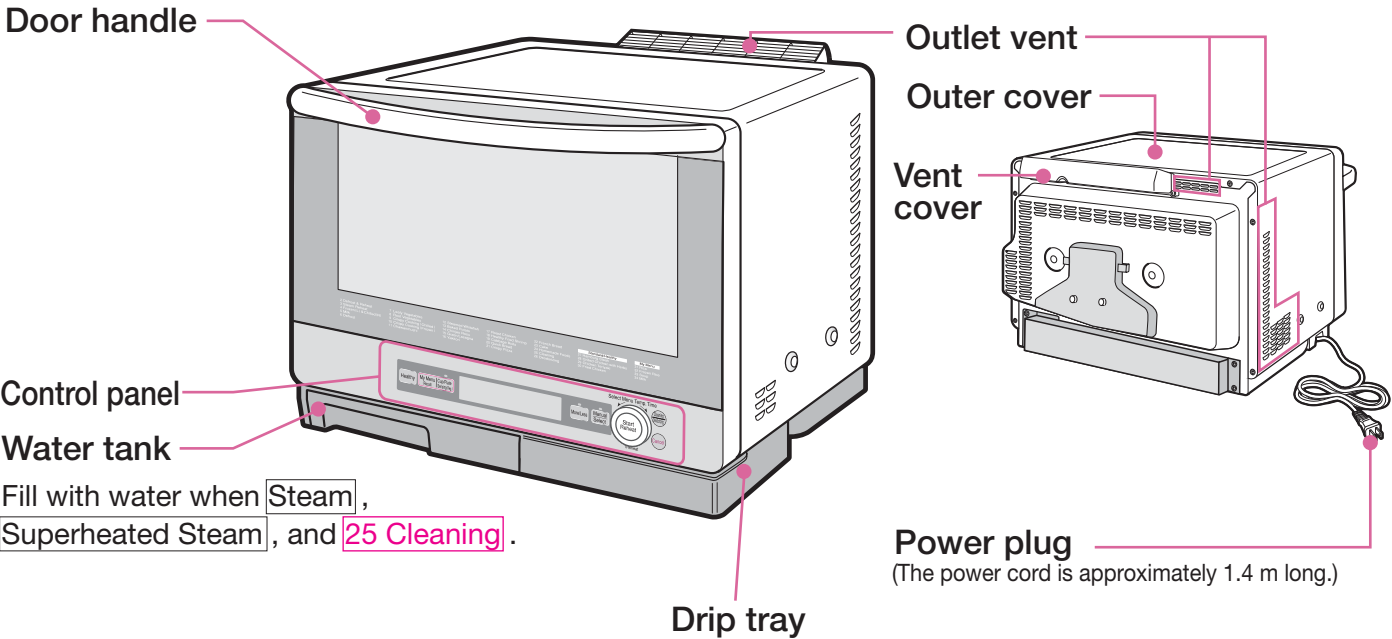


In order to maintain good cooking quality, perform the zero-point adjustment once a month.

What to Check and Prepare Before Using Your Oven for the First Time

Part Names / Control Panel / Accessories

Part Names / Control Panel / Accessories



Part Names / Control Panel / Accessories

Control Panel Functions

Navigator Dial Control Function

Blinks to notify you of the order of subsequent operations.

- When you press the control button, the dial or button that you need to operate next will blink. (When it is lit, select as necessary; when it blinks, perform the required operation.) Will turn off when heating starts.

Display area

Displays the specified settings and operation status. (The image below shows all the display items lit up.)

Select Finishing

Select the finishing settings for Auto Cooking. → P. E-21

Specify Manual Cooking

Set the heating method, temperature, and time for Manual Cooking. → P. E-38-E-47

Select the menu number or time

Turn the dial to set the menu number for Auto Cooking or the time for Manual Cooking.
→ P. E-22-E-37 → P. E-38-E-47

2 Defrost & Reheat	7 Leafy Vegetables	12 Steamed Whitefish	17 Roast Chicken	22 Crispy Pizza	Standard/Healthy	My Menu
3 Steam Reheat	8 Root Vegetables	13 Baked Potato	18 Healthy Fried Shrimp	23 Cake	27 Hamburg Steak	31 Rice
4 Frozen (L) & Chilled (R)	9 Crispy Cooking (Chilled)	14 Chinjao Rosu	19 Cabbage Rolls	24 Homemade Foods	28 Grilled Chicken with Herbs	32 Frozen Rice
5 Milk	10 Crispy Cooking (Frozen)	15 Gratin/Lasagna	20 Quick Bread	25 Cleaning	29 Chicken Teriyaki	33 Soup
6 Defrost	11 Chawanmushi	16 Yakitori	21 French Bread	26 Deodorizing	30 Fried Chicken	34 Milk

Auto Cooking Display

The menu options that can be selected with Auto Cooking, along with their numbers, are displayed on the front of the door.

Healthy

Press the button for healthy cooking of **27 Hamburg Steak** to **30 Fried Chicken**. → P. E-36

Recall My Menu

Call up menu options **31 Rice** to **34 Milk**. → P. E-29-E-31

Weigh, Register Containers

Press to measure and register the weight of a container that you will use for **31 Rice** to **34 Milk**. → P. E-29-E-31

Start Heating

Press to start operation of **1 Reheat**, Auto Cooking, Manual Cooking, and so on.

Cancel

Press to clear settings or cancel operation.

Cleaning/Deodorizing Button

Press this button to select **25 Cleaning** or **26 Deodorizing**.

Accessories

- **Ceramic tray**
(Made from ceramic)
- **Metal trays (two trays)**
(Made from porcelain enamel)
- **Rack**
- **Water tank**
- **Cooking Guide (this document)**
- **Easy User Guide**

Safety Precautions

This product is for general household use. It is not intended for industrial use.

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.
Precautions that should be observed to avoid physical harm and property damage are explained below based on the following categories. Carefully read the precautions in this text, and be sure to use the product properly.

■ Harm and damage that occur when the product is used improperly are explained based on categories that correspond to the extent of such harm and damage.

■ Matters that should be observed are explained based on the following categories of symbols.



DANGER Matters involving a particularly high risk of death or serious injury.



WARNING Matters involving a risk of death or serious injury.



CAUTION Matters involving a risk of injury or physical damage.



Matters involving a warning or caution.



Prohibited matters, which must not be done.



Matters involving instructions that must be carried out.

The product contains high-pressure parts.



DANGER



Do not remodel
Must not be repaired or disassembled by anyone other than a repair technician (service staff).
Will result in fire, electrical shock, and injury.
It is the hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave oven.



Do not insert your finger or any objects in any of the holes or gaps in the oven, such as the inlet vent, outlet vent, or water tank storage areas (be particularly careful about children's mischief and the like).
Will result in fire, electrical shock, and injury.
If a foreign object gets into the main unit, pull out the power plug and consult with the Service Center.

Power plugs, power cords, outlets



WARNING



Do not plug in or pull out the power plug with wet hands.
May cause electrical shock.



Do not use damaged or loose outlets.
Will result in electrical shock, ignition, and fire.
If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.



For the power supply, use a dedicated outlet.
If the outlet is shared with another device, the outlet may become abnormally heated, resulting in ignition.



Be sure to completely remove dust from the power plug (particularly the prongs and the section where the prongs are attached).
Moisture becomes trapped in the dust, which weakens electrical insulation, resulting in fire.



When you will not use the product for a long period of time, remove the power plug from the outlet.
Electrical insulation becomes weakened, resulting in electrical leakage, electrical shock, or fire.



CAUTION



Do not place the power cord near high temperature areas such as the outlet vent.
The power cord will be damaged.



When pulling out the power plug, do not pull on the power cord.
The cord will break, resulting in ignition. Grasp the power plug and then pull it out.

Installation



WARNING



Do not use this product in the following kinds of locations:
● Locations that are within reach of an infant. Will result in accident, burns, and injury.
● Near flammable items such as curtains and spray cans.
● On top of materials that are weak with respect to heat, such as carpets, tablecloths, and the like.



Do not place anything on top of the main unit.
When the oven or grill is being heated, the temperature rises and objects on top may become overheated and burn or be deformed.



Remove all packaging materials from the product and its accessories, and store the plastic bags in a location out of reach of an infant, or dispose of such bags.
Packaging materials may ignite, and plastic bags may cause a choking hazard.



CAUTION



Do not install the oven such that the five sides (top, left side, right side, back, bottom) are covered.



Do not use this product near areas with water or flames/heat, such as a sink or stove.
Will cause electrical shock, electrical leakage, or ignition.



Install the oven in an even, sturdy location.
Installation in an unstable location will result in vibrations and noise, and the product may fall.



Be sure to leave at least the distance indicated in the chart below between the main unit and a wall or the like.
Unless there is sufficient space between the main unit and a wall or the like, the wall or other objects in the vicinity of where the main unit is placed will overheat, leading to discoloration, deformation, or ignition.

Position	Top	Bottom	Left	Right	Front	Back
Distance (cm)	10	0	4.5	4.5	Open	0

To Protect Your Surroundings
Set this product up in a location where its surroundings do not include walls or furniture that are weak with respect to heat. If you install this product in a location where the back is facing glass, leave 20 cm or more between the glass and the back of the oven, as the glass could crack due to temperature differences. Even if the distance indicated in the table and diagram is maintained, condensation or soiling may occur due to the exhaust air from the oven. Soiling and condensation can be reduced either by leaving more space between the oven and the wall or the like, or by affixing aluminum foil to the wall.

Cooking Safety Precautions (Continued)

! WARNING

-  This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
-  Do not use this oven for purposes other than cooking. Will result in burns, injury, or fire.
-  Only allow children to use the oven without supervision when adequate instructions have been given so that child is able to use the oven in a safe way and understands the hazards of improper use.
-  If the surface is cracked, switch off the appliance to avoid the possibility of electric shock.
-  During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

! CAUTION

-  Do not cook food if there is an object stuck between the oven door and the body of the oven. Will result in injury, burns, ignition, or fire due to microwave leakage and heat leakage.
-  Do not use excessive force when you place containers on the ceramic tray, and do not drop the ceramic tray. This may cause the ceramic tray to crack or break, and will lead to malfunctions if the ceramic tray is used in such a condition. Do not use the ceramic tray if it is cracked or broken. Ask the Service Center to inspect the ceramic tray.
-  Do not use the oven if the main unit has turned over or has been dropped. Will result in microwave leakage, heat leakage, electrical shock, or burns. If the door or door seals are damaged, do not use the oven until repairs are performed by a repair technician.
-  Do not cover the inlet vent or outlet vent. Will result in ignition or fires.
-  Do not cook food if there are scraps of food on the wall of the oven cavity or on the ceramic tray. Will result in ignition or fire.
-  Do not spill water onto the main unit. If water is accidentally spilled onto the oven, ask the Service Center to inspect the oven.
-  Do not apply excessive force to the door, and do not sit or stand on the main unit. The door will become misshapen, leading to injury and burns resulting from microwave leakage or heat leakage.

During Cooking and After Cooking (Including [25 Cleaning](#) and running the microwave oven empty ([26 Deodorizing](#)))

! WARNING

-  Press the Cancel button to cancel cooking. Pulling out the power plug first will result in fire or electrical shock.

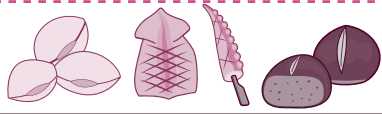
! CAUTION

-  When opening the door, do not peek inside. Will result in burns due to hot air and water vapor.
-  If the food inside the oven cavity starts to burn, or smoke is observed, keep the door closed. The food may burst into flames.
 - Press the Cancel button immediately, stop the oven, and pull out the power plug.
 - Move flammable objects far away from the main unit, and wait until the fire dies down. If the fire shows no sign of dying down, use water or a fire extinguisher to put out the fire. After the fire is extinguished, do not use the oven as it is. Ask the Service Center to inspect the oven.
-  Do not spill water on the high-temperature glass door or ceramic tray. This may result in cracking.
-  Use a thick, dry dishcloth or a commercially available oven mitt when you place food, containers, or accessories into the oven, or when you take them out. Directly touching the food and so on will result in burns or injury.
-  Do not directly touch the outer cover, oven cavity, ceramic tray, metal trays, or super grill tray unit, as they will be very hot. Do not touch. Will result in injury or burns.
-  Be sure not to catch your fingers in the door when opening and closing the door. Will result in burns or injury.

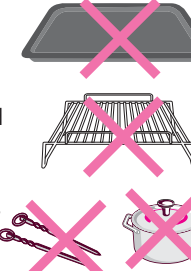
Auto Cooking (Reheating) and Manual Cooking (Microwave Heating)

! WARNING

-  Do not heat anything other than food. The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire. Do not heat store-bought microwavable hot water bottles, baby bottles (sterilizer bags), and so on.
-  Do not heat raw eggs, boiled eggs (both with/without the shell), or fried eggs.
 - When heating eggs, beat the eggs before heating. Otherwise, the eggs may burst and damage the ceramic tray or glass door.
 - Eggs in their shell and whole hard-boiled eggs should not be stilled or shaken and the since they explode, even after microwave heating has ended.
-  Liquids and other foods must not be heated in sealed containers since they are liable to explode. Do not heat under the following kinds of conditions. Will result in burns, injury, and fire.
 - When a freshness enhancer (deoxidant) is attached to the packaging or food.
 - When labels or tape are attached to the packaging or food.
 - When a lid or stopper is still on a bottle or container.
 - When canned food is left in its can.
 - When store-bought boil-in-the-bag food remains in its pouch.
-  Do not heat beverages or juices using [1 Reheat](#). They may overheat, resulting in boiling, or sudden boiling.
 - Heat milk, coffee, tea, water, and the like using [5 Milk](#) or [34 Milk](#).
 - Heat soup and the like using [33 Soup](#).

-  When heating food in plastic or paper containers, keep eye on the oven due to the possibility of ignition.
-  Do the following to make sure that you do not overheat foods. Will result in ignition, boiling, and sudden boiling.
 - For small amounts (less than 100 g) of food, use Manual Cooking and [Microwave](#) [600W](#) or less, set the heating time to 20–50 seconds, and keep an eye on the food as it cooks.
 - When you use Auto Cooking, heat food according to the content of this manual, for example with regard to the amount of food and containers to use, and so on.
 - When heating, use a container that weighs about the same as the quantity of food.
 - Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the
-  Stir the following foods and so on before and after heating. When you remove food from the oven cavity, take the food out slowly. Will boil suddenly and splatter during heating and after heating, resulting in burns, injury, and damage to the ceramic tray.
 - Beverages (water, milk, coffee, soy milk, and the like).
 - Food that has a certain thickness (curry, stew, and the like).
 - Food with a high oil and fat content (cream, butter, and the like).
-  Heat foods with shells or membranes only after splitting or slitting the shell or membrane. Will burst, resulting in burns and injury.
 

! CAUTION

-  Do not heat the oven without putting any food in the oven cavity. Will result in malfunctions and ignition.
-  Do not heat baby milk and baby food using Auto Cooking. Use Manual Cooking to heat milk or baby food, and keep an eye on it as it cooks. Will result in burns.
-  Do not use the metal products noted below. Will result in malfunctions, ignition, and breakage of glass due to sparks.
 - Optional metal tray, rack (with the exception of some Auto Cooking menu options).
 - Metallic skewers or metallic food preparation tools.
 - Aluminum foil.
 - Plastic containers with aluminum-treated surfaces, and the like.
-  Heat store-bought baby food after transferring it to a separate container. The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
-  Slowly remove coverings such as plastic wrap and the like. Steam will pour out as soon as you remove the wrapping, resulting in burns.

Water Tank Safety Precautions (Continued)

CAUTION

- Do not put anything other than water in the water tank.**
If alcohol or the like is used in the tank, this will result in ignition.
- Do not wash or dry the water tank using a dishwasher or dish dryer.**
Will result in damage and deformation.
- Fill the tank with fresh water for each use.**
Using stale water will result in sanitary problems.
- Wash the water tank frequently, and keep it clean.**
Not washing the water tank will result in sanitary problems.
- Do not use the water tank if it is broken.**
Water will leak, resulting in malfunctions.
- Do not put the water tank in a location that can become heated, such as near a stove or on top of the oven.**
Oven and grill heating will make the main unit high in temperature, resulting in damage or deformation.
- Do not place the water tank in hot water or scald the water tank.**
Will result in damage and deformation.

Maintaining Your Oven

WARNING

- Perform oven maintenance after you pull out the power plug.**
If the power plug remains plugged in, this will result in electric shock.
- Perform maintenance of your oven after all the parts of the main unit, accessories, and so on have cooled down.**
If the oven, accessories, and so on are hot, this will result in burns.

Abnormalities and Troubleshooting

WARNING

- Press the Cancel button immediately and stop using the oven.**
Will result in fires, electric shock, and injury.
Pull out the power plug from the outlet immediately, and ask the Service Center to inspect or repair the oven.
- Examples of abnormalities/troubleshooting:**
 - The power cord and power plug are abnormally hot.
 - There is a burning smell.
 - There is abnormal noise.
 - There are sparks.
 - There is a tingling sensation like an electric shock when you touch the main unit.
 - The door has become significantly misshapen or deformed.
 - Sometimes heating does not end automatically.

Reminders

- Leave a distance of 3 m or more between the main unit and radios, televisions, wireless equipment (wireless LAN), and antenna wires.
Will cause disruptions in the sound and picture, as well as communication errors.
- When there is a danger of lightning strikes, pull out the power plug from the outlet.
Will cause malfunctions.

How Heating Works

There are eight different heating methods.

Microwave oven

Heats foods using microwaves (high frequency radio waves).
Microwaves have the following three properties:



Foods that contain moisture absorb microwaves.



Microwaves pass through containers made of glass and ceramic.



Metal reflects microwaves.

Microwaves that are absorbed by food excite the movement of water molecules, and this generates heat. The food heats up quickly due to this frictional heat.

Features of Microwave Heating

Speedy and economical.



Because water is not used, nutrients are preserved.



Color, shape, and taste are preserved.



Food can be heated even after it is arranged.



Grill

Food is heated by the upper heater, browning the food and making the inside soft.



Oven

The temperature inside the oven cavity is evenly maintained by the convection heater and upper heater, baking the food in a way that entirely envelops the food.

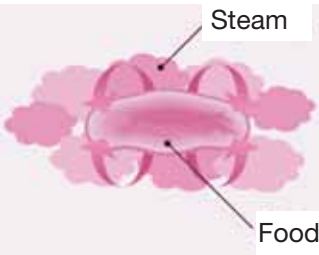


Steam + Microwave

Steam + Grill

Steam + Oven

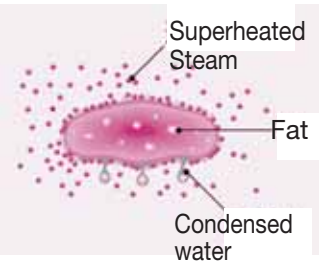
The oven cavity is filled with steam (water vapor around 100°C), and food is heated in conjunction with the microwave oven, grill, or oven. Moisture is added to the food, which makes it tender.



Superheated Steam + Grill

Superheated Steam + Oven

Food is heated by filling the oven cavity with superheated steam and also by using the grill or oven at the same time. Excess fat from meat and salt from fish are removed together with condensed water, making the food healthy.



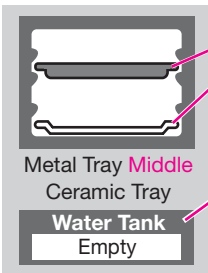
How to Use Accessories

Accessories Used with Auto Cooking

● The accessories used differ depending on the menu option. Follow the operation procedures and illustrations in the recipes section to properly use the accessories.

How to Look at the Illustrations of Accessories

Example of accessories used
When the ceramic tray and metal tray are used.



Positions where accessories are set
Place the ceramic tray on the bottom of the oven cavity, and the metal tray on the middle rack.

Conditions of water tank
Insert the water tank into the main unit without filling it with water.
(Full means that the water tank must be filled with water and then inserted into the main unit.)

● In Auto Cooking, the microwave oven output, oven/grill temperature, and time are all automatically controlled, and so the accessories listed on P. E-16 are used rather than those listed for Manual Cooking.

Use the ceramic tray

Do not use the ceramic tray

Use the metal tray

Do not use the metal tray

Use the rack

Do not use the rack

Fill the water tank with water

Keep the water tank empty

	Menu category	Reference page		Use of accessories			
		Procedure	How to use/tips	Ceramic tray	Metal tray	Rack	Water tank
Auto Cooking	1 Reheat	→ P. E-22, E-24	→ P. E-23				
	2 Defrost & Reheat	→ P. E-26	→ P. E-27				Empty
	3 Steam Reheat	→ P. E-26	→ P. E-28				Full
	4 Frozen (L) & Chilled (R)	→ P. E-25	→ P. E-25				Empty
	5 Milk	→ P. E-26	→ P. E-28				Empty
	6 Defrost	→ P. E-32	→ P. E-33				Full
	7 Leafy Vegetables	→ P. E-34	→ P. E-34				
	8 Root Vegetables	→ P. E-34	→ P. E-34				Empty
	9 Crispy Cooking (Chilled)	→ P. E-26	→ P. E-28				Full
	10 Crispy Cooking (Frozen)	→ P. E-26	→ P. E-28				
	11 Chawanmushi	→ P. E-35	→ P. E-68				Full
	12 Steamed Whitefish	→ P. E-35	→ P. E-69				Full
	13 Baked Potato	→ P. E-35	→ P. E-67				Full
	14 Chinjao Rosu	→ P. E-35	→ P. E-67				Full
	15 Gratin/Lasagna	→ P. E-35	→ P. E-60				Empty
	16 Yakitori	→ P. E-35	→ P. E-61				Full
	17 Roast Chicken	→ P. E-37	→ P. E-61				Full

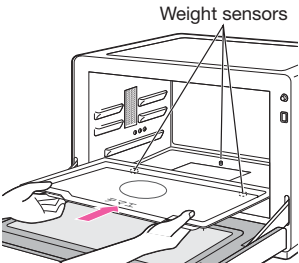
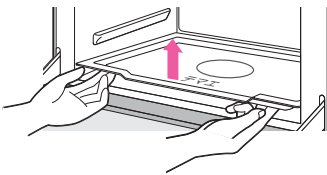
	Menu category	Reference page		Use of accessories			
		Procedure	How to use/tips	Ceramic tray	Metal tray	Rack	Water tank
Auto Cooking	18 Healthy Fried Shrimp	→ P. E-35	→ P. E-63				Full
	19 Cabbage Rolls	→ P. E-35	→ P. E-68				Empty
	20 Quick Bread	→ P. E-35	→ P. E-71				Full
	21 French Bread	→ P. E-37	→ P. E-72				
	22 Crispy Pizza	→ P. E-37	→ P. E-73				Full
	23 Cake	→ P. E-35	→ P. E-76				Full
	24 Homemade Foods	→ P. E-35	→ P. E-87-E-89				Full
Maintenance	25 Cleaning	→ P. E-51	—				Full
	26 Deodorizing	→ P. E-5	—				Empty
Standard Cooking/Healthy Cooking	27 Hamburg Steak	→ P. E-35, E-36	→ P. E-65				Full
	28 Grilled Chicken with Herbs	→ P. E-35, E-36	→ P. E-63				
	29 Chicken Teriyaki	→ P. E-35, E-36	→ P. E-64				Full
	30 Fried Chicken	→ P. E-35, E-36	→ P. E-64				
My Menu	31 Rice	→ P. E-29-E-31	→ P. E-23				
	32 Frozen Rice	→ P. E-29-E-31	→ P. E-27				
	33 Soup	→ P. E-29-E-31	→ P. E-23, E-27				Empty
	34 Milk	→ P. E-29-E-31	→ P. E-28				

Accessories Used in Manual Cooking

Heating Method		Use of Accessories			
		Ceramic Tray	Metal Tray	Rack	Water Tank
Microwave Heating	Microwave	 Place on the bottom of the oven cavity.	Cannot be used.  Will cause sparks in the area between the metal tray and tray rack, resulting in damage.	Cannot be used.  There will be sparks in the openings in the rack, which will cause damage.	 Do not fill with water. Insert the empty water tank into the main unit.
	Steam Microwave				 Fill the water tank with water until it is full, and insert it into the main unit.
Grill Heating	Grill	 Place on the bottom of the oven cavity.	 <		

- When you use the metal tray for oven heating (oven) and grill heating (grill), remove the ceramic tray. If the ceramic tray is not removed, food cannot be cooked well, because the ceramic tray absorbs heat.

How to Insert the Ceramic Tray

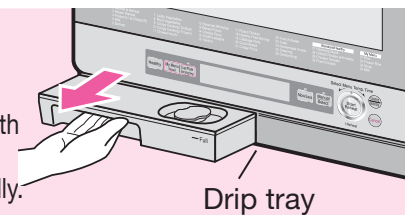
How to Insert	How to Remove
 As shown in the diagram, hold the ceramic tray with both hands on either side of the area where there is no rim, and insert it into the oven cavity. Gently place it on top of the three weight sensors.	 Using both hands, push the front of the ceramic tray towards the back with your fingers, and lift the ceramic tray. Next, place the ends of your fingers on the bottom of the ceramic tray, and slowly pull out the ceramic tray, using both hands. CAUTION Inserting the ceramic tray into, or removing it from, a heated oven cavity may result in burns. Use a thick, dry dishcloth or oven mitts.

How to Use the Water Tank (Insert into the Main Unit when using steam function)

How to Remove

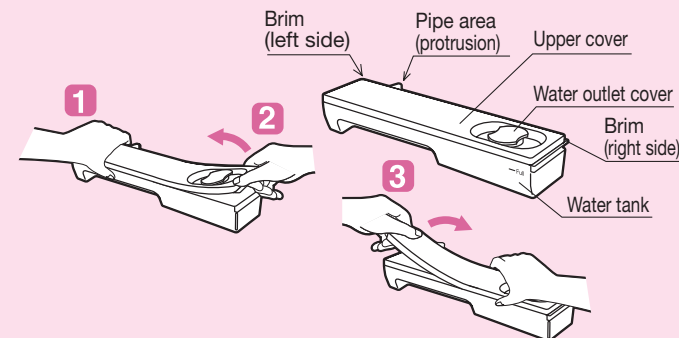
Remove from the main unit

Grasp the water tank with your fingers as shown, and pull it out horizontally.



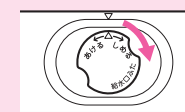
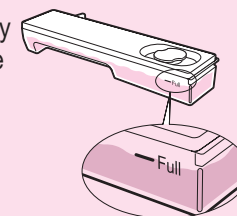
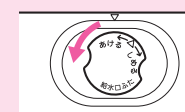
How to remove the water tank cover

- Lightly grasp the body of the water tank, but make sure you do not touch the pipe area.
- Using your fingers, push up right side of the brim of the cover, and lift up the entire right side.
- Using your fingers, push up the left side of the brim, lift up the entire left side, and remove the cover.



How to Fill With Water

- Turn the water outlet cover to the left.
- Keep the water tank horizontally level, and fill it with water to the full line.
- Align the water outlet cover with the Δ symbol, and secure and close the cover.
 - When the water tank is tilted, water may spill. When you handle the water tank, be sure to keep it level.



Insert into the Main Unit

Hold the water tank horizontally level, insert it into the main unit, and push it in securely towards the back.

- If the water tank is not inserted securely, water may leak or there may not be enough steam.
- Check that the drip trays are inserted all the way to the back, and push the water tank in so that it is in about the same position as the drip trays on either side (P. E-50).

CAUTION

(Will result in deformation and damage)

- Do not fill the water tank with anything other than water.
(Filling the water tank with alcohol and the like may result in ignition.)

(Will result in health concerns)

- Fill the water tank with fresh water for each use.
(The water turns into water vapor and directly contacts food. For sanitary purposes, use fresh water.)

(Will result in burns)

- When steam and superheated steam are used in conjunction with the oven or grill, be careful: the water that remains in the water tank will be hot.

Reminder

- Do not use the water tank in environments at or below 5°C.
(Steam and superheated steam cooking will not cook food well.)
- For the water, use distilled water or soft mineral water. When you use the following types of water, wash the water tank every time you use it, as it is easy for mold and bacteria to develop.



• Tap water



• Ionized alkaline water
• Mineral water



• Well water

- After steam cooking is complete, clean the water tank and drain the water from the pipe. (P. E-51)
If it is used without being cleaned, mold and bacteria will reproduce easily. (P. E-50)
- When you use steam and superheated steam, fill the water tank with water up to the full line, and securely insert the water tank into the main unit. When the amount of water becomes low, or the water tank is inserted only halfway, Refill Water is displayed, the steam stops, and the food is not cooked well. (P. E-57)
- When you are not using the water tank, leave it empty and installed in the main unit.

Useable and Unusable Containers

(Only use utensils that are suitable for use in microwave ovens.)

- Useable.
- ✗ Unusable.

Useable and Unusable Containers

Plastic Containers		Ceramics/Porcelain	
Heat-resistant plastic containers Made of polypropylene and the like 	Other plastic containers 	Heat-resistant ceramics/porcelain Cocottes, gratin dishes, and the like 	Ordinary ceramic/porcelain Bowls, plates, and the like 
Microwave Oven	○ Use plastic containers with an upper temperature limit of 140°C or higher, that are indicated as being microwave-safe. However, with foods containing sugar, butter, and oil, which become high in temperature, plastic containers become deformed and cannot be used.	✗ Containers with an upper temperature limit of 140°C or lower (polyurethane, styrol resin, and the like), and containers that have a high upper temperature limit but whose properties are transformed on exposure to microwaves (melamine, phenol, urea resin, aluminum, and the like), cannot be used. However, polystyrene foam trays can be used, but only for 6 Defrost .	○ However, with bowls and the like having overglaze enamel decorations, patterns of cracks in the glaze, or gold/silver designs, the dish may be damaged or it may cause sparks, and these kinds of containers cannot be used. In addition, bowls, dishes, and the like, such as unglazed ceramics, that have a high water absorption rate, and ceramics/porcelain that have been immersed in water for a long period of time, may become hot, and must be handled with care.
	✗ However, containers indicated as being grill-safe or oven-safe can be used.	○ Use containers that are indicated as being oven-safe.	✗

- Do not make any mistakes selecting microwave heating, oven heating, or grill heating. If you make a mistake in your selection, the food or container may give off smoke or ignite. Before you start heating, check the type of heating selected.
- For plastics, refer to the upper temperature limit label.
- Do not use any containers for which the materials or upper temperature limit is unclear.

Useable and Unusable Containers

Glass containers		Others		
Heat-resistant glass containers 	Non-heat-resistant glass containers Tempered glass Crystal glass Cut glass and the like 	Plastic Wrap 	Metal containers, metal skewers, aluminum foil, and the like 	Bamboo, wood, wicker, or paper containers, or varnished and lacquered containers and the like. 
Microwave Oven	○ Use containers that are indicated as being microwave-safe. However, glass containers may break if cooled rapidly after heating.	✗ Containers with an upper temperature limit of 140°C or higher can be used. However, with foods containing oil, butter, and sugar, which become high in temperature, plastic wrap may melt and cannot be used. After oven/grill heating, be careful: the oven cavity is hot and may cause plastic wrap to melt. Use containers that are indicated as being microwave-safe.	✗ Cannot be used, as they reflect microwaves. However, aluminum foil can be used in part, for example by making use of the fact that it reflects microwaves to cover areas that are overheated. Be careful when you do this, because there will be sparks if aluminum foil touches the oven cavity walls or glass door, which may result in damage and malfunctions.	✗ Cannot be used, as such containers may burn, peel, or crack. In particular, containers and the like that contain wires are easily flammable. Uses of bamboo skewers, toothpicks, and paper are limited to the methods listed in the Recipes section.
	○ Use containers that are indicated as being oven-safe. However, glass containers may break if cooled rapidly after heating.	✗ However, plastic wrap can be used for leavening.	○ Use containers that are indicated as being oven-safe. However, containers and the like with plastic handles cannot be used.	✗ However, parchment paper and paper products that have undergone heat-resistance processing can be used.

Tips for Using the Oven Efficiently

Amount of Food and Size/Weight of Containers

	Amount of food	Size/weight of containers
Reheat	Less than 100 g 100 g–900 g	 The food should fill about 70-80% of the container. The weight of the container should be about the same as the amount of food.

Cook

Auto Cooking

Select Menu Temp. Time

Start Reheat

Manual Cooking

Select Menu Temp. Time

Manual Select

Start Reheat

For Auto Cooking and Manual Cooking, use the amounts of food and containers described in this manual.

For the amounts of food and appropriate containers, refer to the relevant pages in this manual.



Where to Place the Food

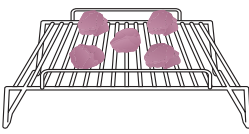
- Place the food in a central position



(Microwave heating)



(Oven heating)



Reheating Two or More Pieces of Food at the Same Time

- When reheating two or more pieces of the same kind of food at the same time using Auto Cooking, make the amount of food and the size/weight of the containers approximately the same.

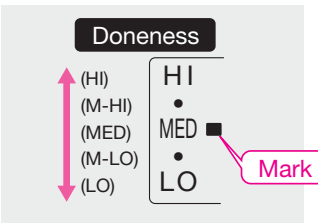
- Leave some space between side dishes, and place beverages together toward the center.



- When reheating two pieces of food of a different storage temperature or two different types of food using Auto Cooking:
 - When reheating two pieces of room-temperature food, one piece of room-temperature food and one piece of chilled food, or two pieces of chilled food at the same time, **1 Reheat** → P. E-24
 - When reheating one piece of frozen food and one piece of chilled food at the same time, **4 Frozen (L) & Chilled (R)** → P. E-25
 - For foods other than those listed above, reheat using Manual Cooking and keep an eye on the food as it cooks. → P. E-38–E-39

Adjusting Doneness in Auto Cooking

- Doneness Adjustment (adjustment of reheating and cooking doneness) is automatically set to MED but you can adjust it as you prefer. To adjust, press **More/Less** while the doneness lamp is lit, and set the mark to the desired position.



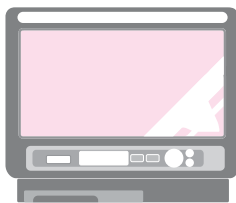
- Depending on the menu option, you can adjust the doneness to one of five levels (HI, M-HI, MED, M-LO, or LO) or to one of three levels (HI, MED, or LO).

- For **5 Milk** and **31 Rice** to **34 Milk** when a container has been registered, the previous doneness settings are registered.

Checking Doneness During Cooking

- As much as possible, avoid opening and closing the door during cooking. If you open and close the door, try to take a short time.

Check from outside the door.



- So as not to lower the temperature.

Take a short time opening and closing the door.



- When the door is opened, cooking is suspended.

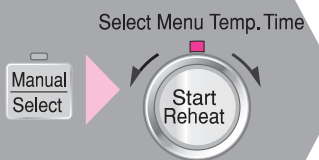
Additional Heating After Auto Cooking

- Perform additional heating using Manual Cooking, and keep an eye on the food as it cooks.

Completion of Auto Cooking

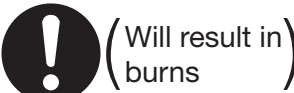
- In the following cases:
- When you want to heat a little more.
 - When you want to grill a little more.

Use Manual Cooking for additionally heating food, and keep an eye on the food as it cooks.



Removing Food (Containers) and Accessories After Cooking

CAUTION



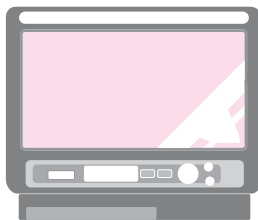
(Will result in burns)

During cooking and after cooking is complete, the food, container, and various parts of the oven such as the accessories, oven cavity, door, and so on may be hot. Be careful when you take the food and the like out of the oven.

- After cooking is complete, take the food out of the oven as soon as possible.
- The doneness may change due to residual heat.

To make sure you do not forget to remove the food, three beeps will sound every minute from the time when cooking is completed until the door is opened.

Remove after you hear the cooking completion sound.



- After using oven and grill cooking, when you remove the ceramic tray and metal tray, hold onto the middle section with both hands using a thick, dry dishcloth or oven mitts.

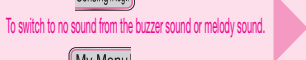
Switching the Completion Sound (Melody)

- The completion sound (melody) can be changed to a buzzer sound or no sound.

Open and close the door to display 0 in the display area.



To switch between the melody sound and buzzer sound, Press **Cup/Plate Sensing (Reg.)** for three seconds.



To switch to no sound from the buzzer sound or melody sound, Press **My Menu (Recall)** for three seconds.

- To switch to the melody sound from no sound, press **Healthy** and then press **My Menu (Recall)** or **Cup/Plate Sensing (Reg.)** for three seconds.

- When the sound is turned off, the removal reminder sound and operation sounds are silent.

Auto Cooking (Reheat)

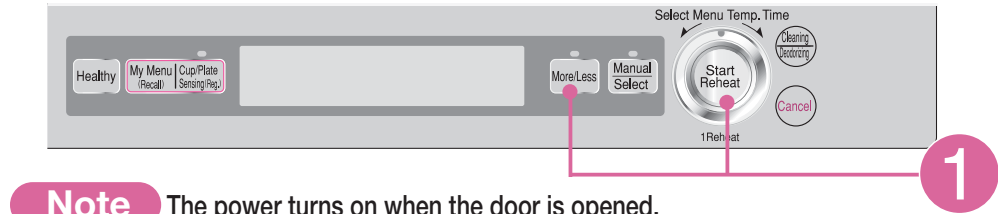
Reheating Rice and Side Dishes 1 Reheat

Reheats room-temperature food and chilled food.

Beverages (milk, coffee, soy milk, tea, water, and the like) are heated using

5 Milk → P. E-26 or My Menu **34 Milk**. → P. E-29-E-31

Frozen foods (home freezing) are reheated using **2 Defrost & Reheat**. → P. E-26-E-27



Note The power turns on when the door is opened.

Preparation Place the container or plate of food in the center of the ceramic tray, and close the door.

1 Press **Start Reheat** to start.

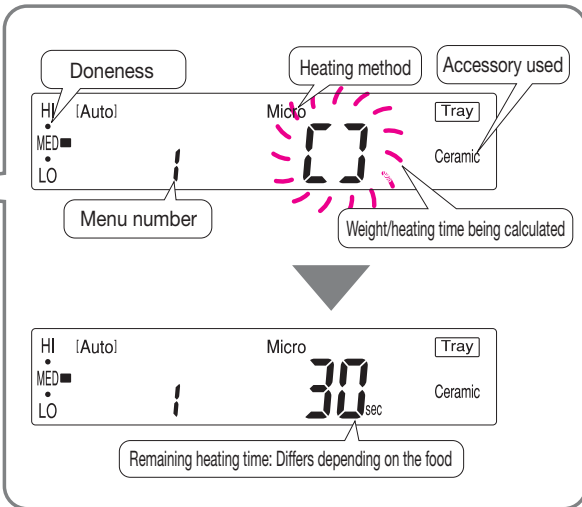
1 Reheat (Room temperature and chilled foods)

- The menu number **1** is displayed, and heating starts automatically.

Note: To reheat frozen foods, turn **Start Reheat**, and select menu number **2** **2 Defrost & Reheat**. → P. E-26-E-27

To adjust doneness
(Adjust before the heating time is displayed.)

When you hear the completion sound, remove the food.



How to adjust doneness

Doneness is automatically set to MED (Standard). To adjust doneness, press **More/Less** while the doneness lamp is lit, and set the mark to the desired position.

Doneness

- (HI) HI
- (M-HI) M-HI
- (MED) MED
- (M-LO) M-LO
- (LO) LO

Mark

● Reheat rice using **1 Reheat** and the doneness adjustment **M-LO**. → P. E-23

Reheat the following foods using Manual Cooking (Microwave Heating) and check on the food while it is reheating. → P. E-38-E-39

- Food that weighs less than 100 g
- Steamed buns
- Bread
- Frozen vegetables
- Baby milk, baby food
- Store-bought cooked food

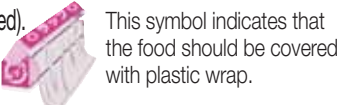
Less than 100g

• Transfer to a separate container.

• Transfer to a separate container.

Foods That Can Be Reheated, and How to Reheat Them Skillfully Auto Cooking 1 Reheat

- With store-bought side dishes or home-cooked food, try to make the weight of the food and the weight of the container about the same.
- The maximum amount of food that can be reheated at a single time is approximately 100–1,800 g (food and container combined).
- The temperature of the food should be approximately 20°C for room-temperature food, and 0–10°C for chilled food.
- The optimum amount of food that can be reheated using My Menu is one serving. → P. E-30



		Select Menu Temp. Time
		Start Reheat
		Press once
		Reheat room-temperature and chilled food
		Auto Cooking 1 Reheat
Rice		Rice Heat with the doneness adjustment at M-LO . For chilled rice, heat with the doneness adjustment at M-LO or MED . Fried Rice / Pilaf Mix after heating.
Noodles		Spaghetti / Yakisoba (Japanese style fried noodles) Place on a dish. Mix after heating. For chilled noodles, heat with the doneness adjustment at M-HI .
Grilled Food		Grilled Fish Cover, as the food may spatter. For chilled fish, heat with the doneness adjustment at M-HI .
		Hamburg Steak Cover with sauce after heating, as the sauce may spatter. For chilled steaks, heat with the doneness adjustment at M-HI . Skewered Chicken / Grilled Meat Arrange on a dish. Heat after coating with sauce. For chilled meat, heat with the doneness adjustment at M-HI .
Deep-Fried Food		Deep-Fried Food / Croquettes Arrange on a dish. Cover shrimp and squid, as they may spatter. When reheating a small amount of food, set the doneness adjustment to M-LO or LO .
Sautéed Food		Sautéed Vegetables / Sweet and Sour Pork / Chop Suey Place in a container. If sautéed vegetables are dry, add butter or salad oil. Mix after heating. For chilled foods, heat with the doneness adjustment at M-HI .
Boiled Food		Boiled Vegetables Place in a container, and cover with broth. For chilled vegetables, heat with the doneness adjustment at M-HI .
		Boiled Fish Place in a container, and cover with broth. As the flesh of boiled fish may spatter, use a deep dish and cover with plastic wrap. For chilled fish, heat with the doneness adjustment at M-HI .
Steamed Food		Steamed Meat Dumplings Arrange on a plate, leaving some space between individual portions. Sprinkle some water over the dumplings and heat. If the dumplings are on the dry side, briefly immerse them in water. For chilled dumplings, heat with the doneness adjustment at M-HI .
Thicker Liquids (Soups)		Curry / Stew As shrimp, squid, and whole mushrooms may spatter, cover their container with plastic wrap. Mix after heating. (Remove whole mushrooms before heating, and add them in afterwards.) Set the doneness adjustment to M-HI or HI . • Reheat soup using 33 Soup . Lacquered or non-heat-resistant containers cannot be used. → P. E-18-E-19

Reheating Two Different Types of Foods (Such as Rice and Side Dishes) Stored at Room Temperature or Chilled at the Same Time

1 Reheat

Foods that are frozen and stored (home-frozen) cannot be heated at the same time as room-temperature food. (The frozen food will not be reheated well.)

Note The power turns on when the door is opened.

Preparation

Place the two items on top of the ceramic tray, leaving some space between them. Close the door.



Accessory Used



1

Select Menu Temp. Time

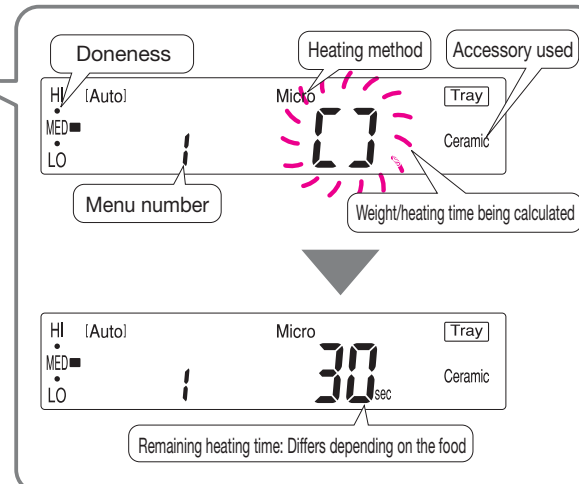
Press **Start Reheat** to start.

1 Reheat (Room temperature and chilled foods)

- The menu number 1 is displayed, and heating starts automatically.

To adjust doneness → P. E-22
(Adjust before the heating time is displayed.)

When you hear the completion sound, remove the food.



Tips for Reheating Two Different Kinds of Food (Chilled or at Room Temperature)

● Foods that can be reheated

Chilled food or room-temperature food.

● Amount of food

- A one-dish portion of food is approximately 100-300 g.
- Make the quantities of food in each of the two portions approximately the same.

As a rough target, the amount of food in one portion should be about 0.7-1.3 times that of the other portion. (Example: 150 g rice and a 100-200 g side dish.) (Auto Cooking cannot be used for amounts of food in ratios other than the one described above. Heat using Manual Cooking and keep an eye on the food as it cooks.)

→ P. E-38-E-39

● Size of containers

Use a container of a size and weight that is appropriate for the quantity of food. Use containers that are approximately the same size and weight for both containers of food.

● To cook the food skillfully

Depending on the type of food, it may be necessary to cover the food with plastic wrap or the like in order to prevent the food from spattering or to heat the food to an appropriate temperature.

- Foods with sauce, broth, or soup.
- Foods with a certain thickness such as curry, stew, and so on.
- Foods containing a high fat content such as cream, butter, and so on.

When the food surface tends to be dry, or when you want to make the food soft, sprinkle or spray some water onto the food.

For curry, stews, and sautéed vegetables, mix well after heating.

Depending on the type of food, use an appropriate doneness adjustment. → P. E-23

Food Will Not Heat Well in the Following Cases

● Frozen foods

Reheat each dish using **2 Defrost & Reheat**. → P. E-26-E-27

● Examples of combinations that are not suitable for heating at the same time:

- Food with a high salt content and food with a high sugar content. (Example: Soup stock and coffee with sugar.)
- Food with a high water content and food with a low water content. (Example: Stew and bread.)

Heat using Manual Cooking and keep an eye on the food as it cooks. → P. E-38-E-39

● Beverages such as milk and coffee cannot be heated at the same time as another type of beverage.

Reheat the same types of beverages using **5 Milk**. → P. E-26

● Foods that cannot be reheated using Auto Cooking cannot be reheated at the same time.

Heat using Manual Cooking and keep an eye on the food as it cooks. → P. E-38-E-39

Auto Cooking (Reheat)

Reheating Two Types of Foods (Such as Frozen Rice and Side Dishes) Stored at Different Temperatures (Chilled or Frozen) at the Same Time

4 Frozen (L) & Chilled (R)

Foods stored at room temperature cannot be reheated at the same time as frozen foods. (The food stored at room temperature will become too hot.)

Accessory Used



Note The power turns on when the door is opened.

Preparation

Place the food on the ceramic plate so that the frozen food is on the left side and the chilled food is on the right side, leaving some space between them. Close the door.

1

Select Menu Temp. Time

Turn **Start Reheat** and select menu option number 4.

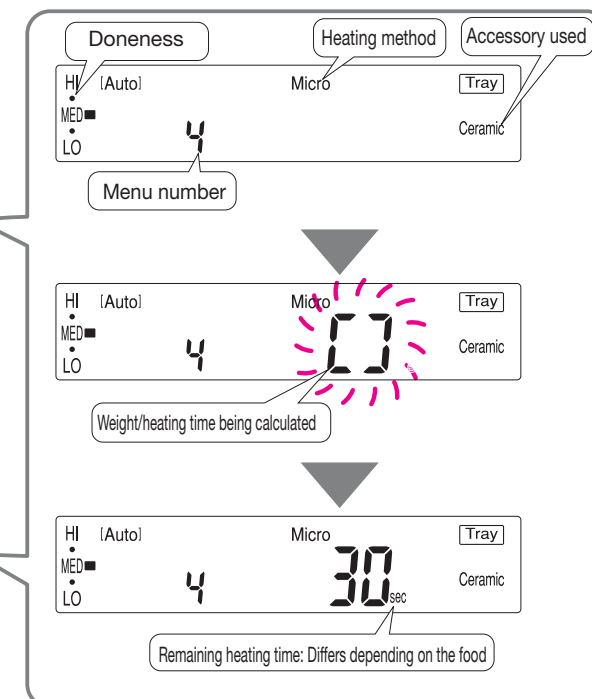
To adjust doneness → P. E-21

2

Select Menu Temp. Time

Press **Start Reheat** to start.

When you hear the completion sound, remove the food.



Tips for Auto Cooking 4 Frozen (L) & Chilled (R)

● Where to place the food (the positions are predetermined):

Left: Frozen food Right: Chilled food



Left: Frozen food Right: Chilled food

● Amount of food → P. E-24

● Foods that can be heated

Chilled foods, precooked frozen grilled foods such as hamburger steaks and deep-fried foods can be heated.

● Size of containers → P. E-24

● To cook the food skillfully → P. E-24

● It is not possible to simultaneously reheat foods that cannot be reheated using Auto Cook.

Heat using Manual Cooking and keep an eye on the food as it cooks. → P. E-38-E-39

● Beverages such as milk or coffee cannot be heated at the same time as another type of beverage.

Reheat the same types of beverages using **5 Milk**.

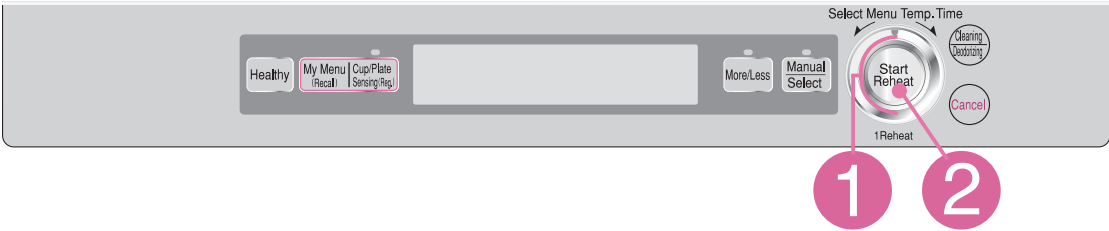
→ P. E-26

When the food surface tends to be dry, or when you want to make the food soft, sprinkle or spray some water onto the food. For curry, stews, and sautéed vegetables, mix well after heating.

Auto Cooking (Reheat)

Defrost & Reheat, Steam Reheat, Beverages, Crispy Cooking

- Reheat frozen rice and frozen side dishes. 2 Defrost & Reheat
- Reheat rice and side dishes by enveloping them in steam, for fluffy rice and tender foods. 3 Steam Reheat
- Reheat beverages such as milk, coffee, tea, soy milk, and water. 5 Milk
- Reheat store-bought chilled foods and frozen side dishes. 9 Crispy Cooking (Chilled) 10 Crispy Cooking (Frozen)



Note The power turns on when the door is opened.

Preparation Place the food and the appropriate accessory in the oven, and close the door. When using the Steam menu option, fill the water tank with water up to the full line.

1 Turn  and select menu number.

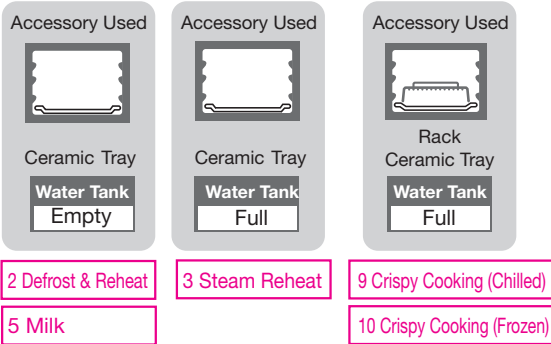
To adjust doneness → P. E-21

- For **5 Milk**, the doneness adjustment setting is stored in memory.

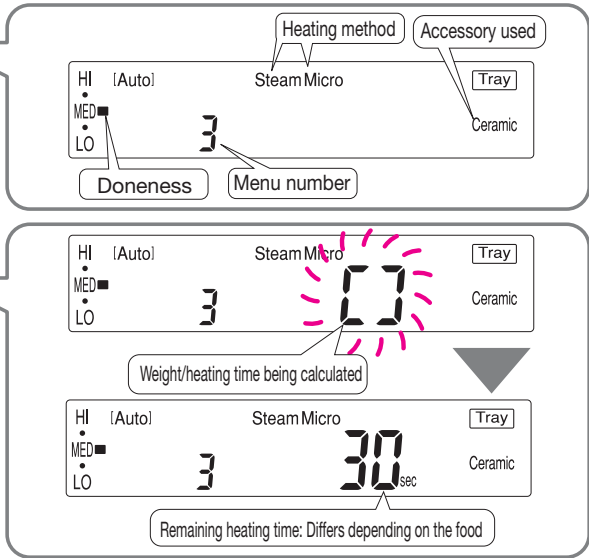
2 Press  to start.

When you hear the completion sound, remove the food.

- After using Steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50

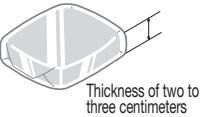


Example: **3 Steam Reheat**



Tips for Freezing Foods Skillfully

● **Use fresh ingredients**
Divide the food into single servings (200–300 g), and form a flat block about two to three centimeters thick. Make sure that no areas become excessively thin.



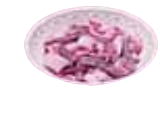
● **Rice, curry and so on**
Divide rice into individual servings (about 150 g) and curry into servings of 100–300 g each. Arrange them so that they are thin (thickness of two to three centimeters) and flat. (For foods such as whole mushrooms that readily spatter when heated, cut them in half beforehand.)

Foods That Can Be Reheated, and How to Reheat Them Skillfully

Auto Cooking 2 Defrost & Reheat

- With store-bought side dishes or home-cooked food, try to make the weight of the food and the weight of the container about the same.
- The maximum amount of food that can be reheated at a single time is approximately 100–1,800 g (food and container combined).
- The temperature of the food should be approximately –18°C for frozen food.

This symbol indicates that the food should be covered with plastic wrap.

		Defrost & reheat frozen food	Select Menu Temp. Time
		Auto Cooking 2 Defrost & Reheat	
Rice		Frozen Rice Place a square-shaped block of rice on a flat dish. When reheating two or more blocks of rice, make them about the same quantity and place them in the middle. Frozen Fried Rice / Pilaf Break apart and place on a plate. Mix after heating.	
Noodles		Frozen Spaghetti / Yakisoba (Japanese style fried noodles) Place on a dish. Mix after heating.	
Grilled Food		Frozen Hamburg Steak Place on a dish. Turn over after heating, and let it stand for a short time.	
Deep-Fried Food		Deep-Fried Food / Croquettes Arrange on a dish. Set the doneness adjustment to M-LO or LO . If you are concerned about oil, remove the oil using paper towels after heating.	
Sautéed Food		Frozen Chop Suey / Meatballs Place in a container. Mix after heating.	
Steamed Food		Frozen Steamed Meat Dumplings Briefly immerse the dumplings in water. Remove the plastic wrap immediately after heating.	
Soups (Thicker Liquids)		Frozen Curry / Stew Place in a container, and cover the container. When you use plastic wrap instead of a lid, cover the container loosely. Set the doneness adjustment to M-HI or HI . After heating, break apart the chunky parts and mix the food.	

How to Reheat Food Skillfully Using Steam Auto Cooking 3 Steam Reheat

● **Foods that can be reheated**

Rice, steamed meat dumplings, Yakisoba (Japanese style fried noodles), and so on stored at room temperature or chilled.

● **Do not cover the food, for example with plastic wrap**

Food is reheated using steam to become moist and soft, and to prevent it from drying out.

● **Amount of food that can be reheated at one time:**

Rice	1–4 servings (150–600 g)
Steamed meat dumplings, Yakisoba (Japanese style fried noodles)	100–500 g

● **Types of containers**

Use ceramic or heat-resistant glass containers.



● **Chilled foods**

Heat with the doneness adjustment at [M-HI].

● **Precooked frozen food cannot be heated skillfully.**

Use 2 Defrost & Reheat → P. E-26–E-27

● **Frozen rice and frozen side dishes cannot be heated skillfully.**

Use 2 Defrost & Reheat → P. E-26–E-27

● **For foods that cannot be heated using 3 Steam Reheat**

→ P. E-24, reheate using Manual Cooking (microwave heating) and keep an eye on the food as it cooks. → P. E-38–E-39

How to Reheat Beverages Skillfully Auto Cooking 5 Milk

● **Beverages that can be reheated**

Chilled milk and room temperature coffee, tea, water, and so on.

● **Amount (1–4 cups) that can be heated at one time:**

Milk (chilled)	200–800 ml
Coffee	150–600 ml
Tea	180–720 ml
Water	180–720 ml

● **When reheating two or more beverages at the same time:**

Place the beverages in the middle of the ceramic tray.



● **Types of containers and how to fill them with beverages**

Use a mug or drinking cup as a container, and fill it with the beverage until it is 70–80% full. If you heat a small amount, for example, when it is less than half full, the beverage may suddenly heat and spatter even after you remove it from the oven cavity. As this may result in burns, reheate using Manual Cooking. → P. E-38, E-49



● **You cannot heat milk in glass milk bottles.**

● **Use fresh milk that has just been taken out of the refrigerator.**



How to Reheat Store-Bought Chilled Food and Frozen Side Dishes Auto Cooking 9 Crispy Cooking (Chilled) Auto Cooking 10 Crispy Cooking (Frozen)

● **Choose one of these options depending on the type of food.**

Use 9 Crispy Cooking (Chilled) to heat chilled food and cooked food stored at room temperature. Use 10 Crispy Cooking (Frozen) to heat precooked frozen food. → P. E-91

● **Amount of food that can be heated at one time:**

Two servings (approximately 100 g) to six servings (approximately 600 g).

(Other amounts cannot be heated using Auto Cooking.)

● **Food weighing less than 100 g cannot be heated**

● **The weight sensor is functioning: do not use ceramic dishes or heat-resistant dishes. Use the rack.**

● **When removing the food**

Use a thick, dry dishcloth or a commercially available oven mitt to remove the super grill tray unit and ceramic tray while the food is still on top. You can also use kitchen chopsticks to directly remove the food from the oven.

● **Fat from the food**

Extra fat from the food may drip on the ceramic tray depending on the menu. Place a paper towel on the ceramic tray and reheat.

● **Heated foods**

Heat chilled foods, precooked frozen grilled foods such as hamburg steaks and fried foods. For small portions weighing less than 100 g, place the food on the metal tray, either directly on top of the tray or on an oven sheet. Place the metal tray on the **middle rack**, and heat using **Oven** and **Preheat No** at 210°C and keep an eye on the food as it cooks. → P. E-44



CAUTION

(Will result in fire)

● **Do not place aluminum foil on the Ceramic Tray or rack. (Will result in sparks.)**

● **Be careful, as heating small amounts of food using 9 Crispy Cooking (Chilled) and 10 Crispy Cooking (Frozen) may cause the food to be burned.**

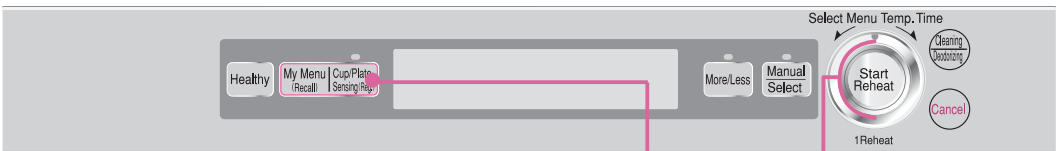
If you want to heat portions of food each weighing less than 50 g, increase the quantity of food to make the total approximately 100 g or more.

Auto Cooking (Reheat)

Reheat Rice, Soup, and Beverages Using My Menu

My Menu is a function for measuring the net weight of food, registering heating preferences you specify, and heating food so that it is cooked the way you like it, even if the amount of food changes. To weigh the net amount of food, you need to register the container you use. Follow the procedure below to register containers.

How to Register a Container



Accessory Used



Ceramic Tray
Water Tank
Empty

Note The power turns on when the door is opened.

Preparation Place an empty container that you want to register in the center of the ceramic tray, and close the door.

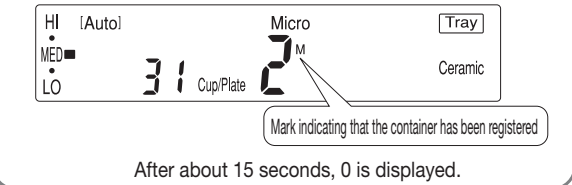
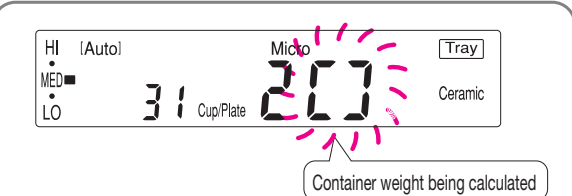
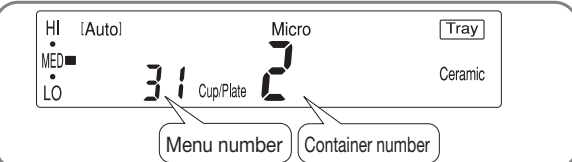
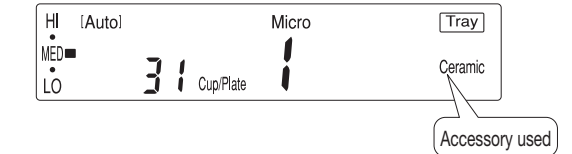
1 Press **Cup/Plate Sensing (Reg.)**.
The container sensing lamp blinks.

2 Turn **Start Reheat**. Select menu number **31** and container number **2**.

3 Press **Cup/Plate Sensing (Reg.)** to register.
A beep sounds after about six seconds. Container sensing ends and M is shown in the display area. The display then changes to 0 after about 15 seconds, and registration is complete.

■ When you want to reheat food immediately afterwards, using the registered setting.
After container sensing, press **My Menu (Recall)** before 0 is shown in the display area. Put food in the registered container, place the container in the center of the ceramic tray, close the door, and press **Start Reheat**.

Example: Register a container to use for 31 Rice as container number 2.



After about 15 seconds, 0 is displayed.

Menu Options With Container Registration and the Number of Containers That Can Be Registered

- For each of the four menu options from 31 Rice to 34 Milk, one type of container each can be registered for container numbers 1–4, so you can register a total of 16 types of containers.
- When you use the same menu number and container number to register a different container, the previously registered information is cleared.
- Containers remain recorded even if the power plug is pulled out or if there is a power outage.
- You can clear all the information registered in 31 Rice to 34 Milk by pressing **My Menu (Recall)** for three seconds. When the buzzer beeps and - - - is shown in the display area, all the previously registered information is deleted. It is not possible to clear registered information individually on a menu-by-menu basis.

■ Reheating without container sensing

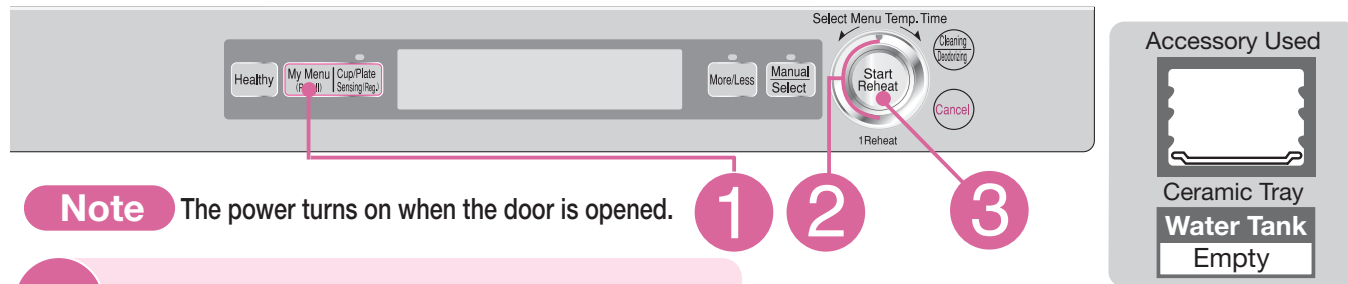
(1) Fill a container with food and place it in the center of the ceramic tray. Close the door.

(2) Press **My Menu (Recall)**, turn **Start Reheat** to select the menu option, and press **Start Reheat** to start.

- When you select a menu option that has no registered containers, the heating time is calculated based on a preset standard container weight.
- When you select a menu option that has a registered container, the heating time is calculated based on the registered container weight.

Using a Registered Container to Reheat

- A single serving for a single container number is an appropriate amount of food.



Note The power turns on when the door is opened.

Preparation Place the registered container in the center of the ceramic tray, and close the door.

1 Press **My Menu (Recall)**.

2 Turn **Start Reheat**. Select menu number **31** and container number **2**.

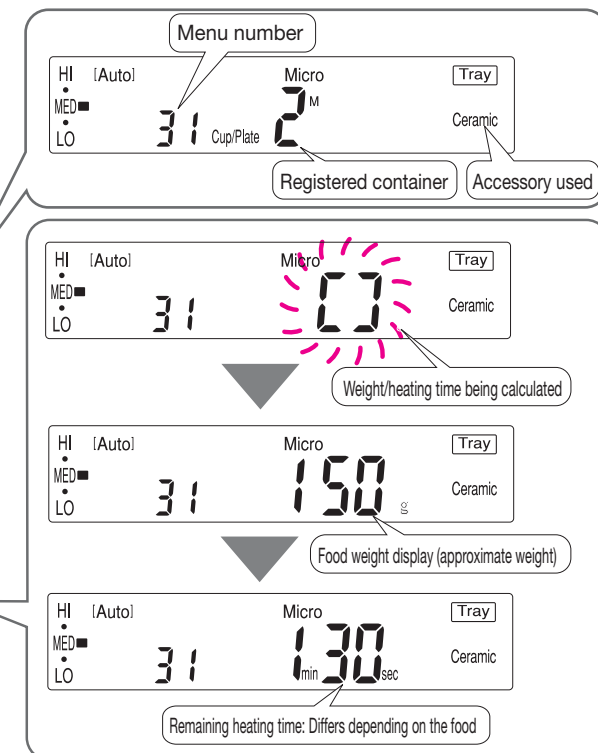
To adjust doneness → P. E-21

3 Press **Start Reheat** to start.

Doneness adjustment settings are registered.

When you hear the completion sound, remove the food.

Example: Reheat using **31 Rice**, with a plate registered as container number **2**.



How to Reheat Food Skillfully Using a Registered Container

Menu Option	Food Weight	Food Temperature	Tips for Reheating
31 Rice	100–300 g	Room temperature	→ P. E-23
32 Frozen rice	100–300 g	Frozen	→ P. E-27
33 Soup	100–300 g	Room temperature	→ P. E-23
34 Milk	100–400 ml	Chilled	→ P. E-28

The weights indicated above represent a single serving.

- The standard for room temperature food is about 20°C; the standard for chilled food is about 0°C–10°C; and the standard for frozen food is about –18°C.
- Reheat chilled rice using **1 Reheat**.
- Heat chilled soup and room-temperature milk using Manual Cooking (Microwave Heating) and check on the food/beverage while it is heating. → P. E-38, E-49

You can simultaneously register two containers of about the same size, shape, and weight and use them at the same time.

- If the containers have different sizes and shapes, this will result in uneven heating.
- Make sure that the food type and weight are the same.
- Food should weigh about double the amounts listed in second column of the chart. However, for **34 Milk**, make sure the volume does not exceed 500 ml.
- Arrange the food around the center of the ceramic tray. (Refer to the image on the right.)
- Depending on the type of food and its weight, the doneness of the food on the left may differ from the doneness of the food on the right.



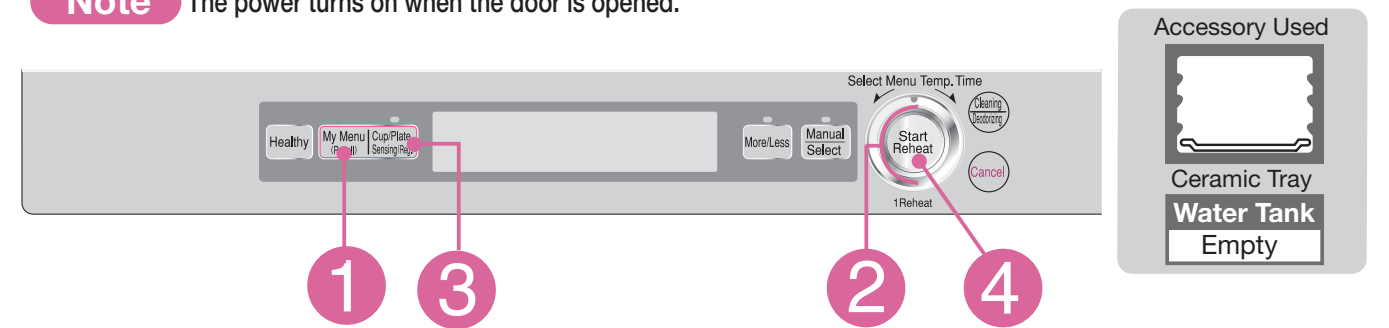
You cannot simultaneously register three or more containers and use them at the same time. (Will result in uneven heating, and the food will not be heated well.)

Auto Cooking (Reheat)

Reheat Without Registering the Container Weight

You can reheat rice, beverages, and so on to your preferred doneness by sensing the weight of container you are going to use, but without registering it.

Note The power turns on when the door is opened.



Preparation Place the empty container in the center of the ceramic tray, and close the door.

1 Press **My Menu (Recall)**.

2 Turn **Start Reheat** and select menu number **31** and Not Regd.

3 Press **Cup/Plate Sensing (Reg.)**.
A beep sounds after about six seconds, indicating that container sensing is complete.

Fill the weighed container with food, place it in the center of the ceramic tray, and close the door.

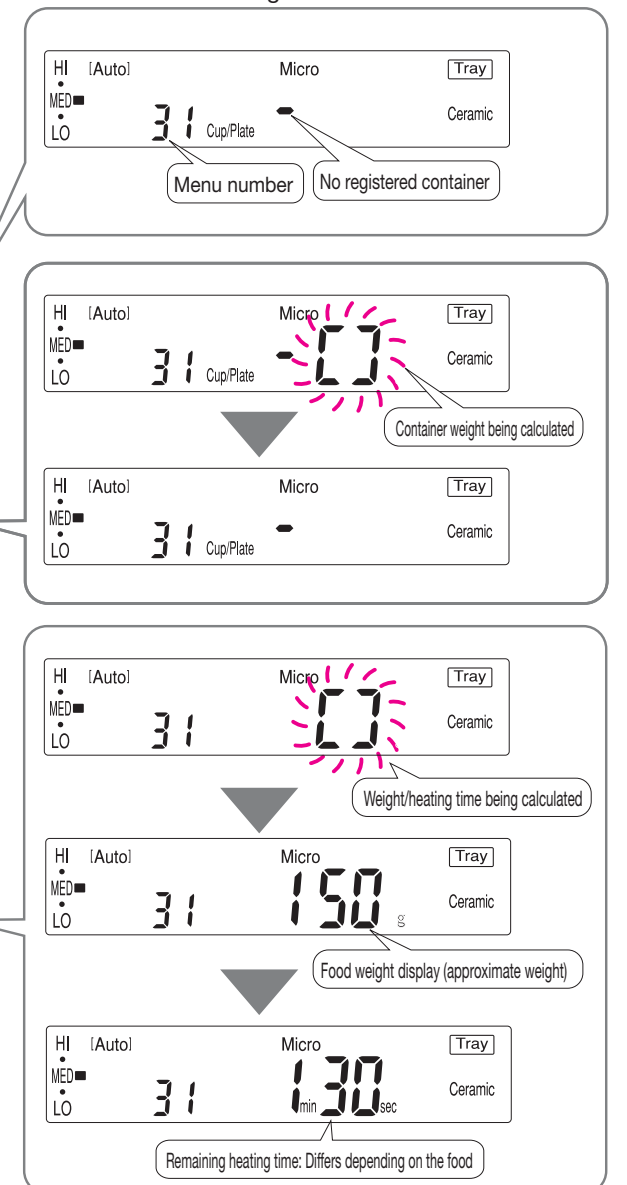
To adjust doneness → P. E-21

4 Press **Start Reheat** to start.

- If you are not registering the container, the doneness adjustment settings are not registered.

When you hear the completion sound, remove the food.

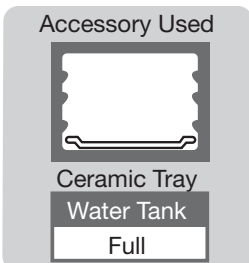
Example: Reheat using **31 Rice**, with a container that is not registered.



Auto Cooking (Preparation)

Defrosting Meat and Fish

6 Defrost



Note The power turns on when the door is opened.

Preparation

Place the food to be defrosted in the center of the ceramic tray, and close the door. Fill the water tank with water.

1

Turn , and select menu number **6**.

To adjust doneness

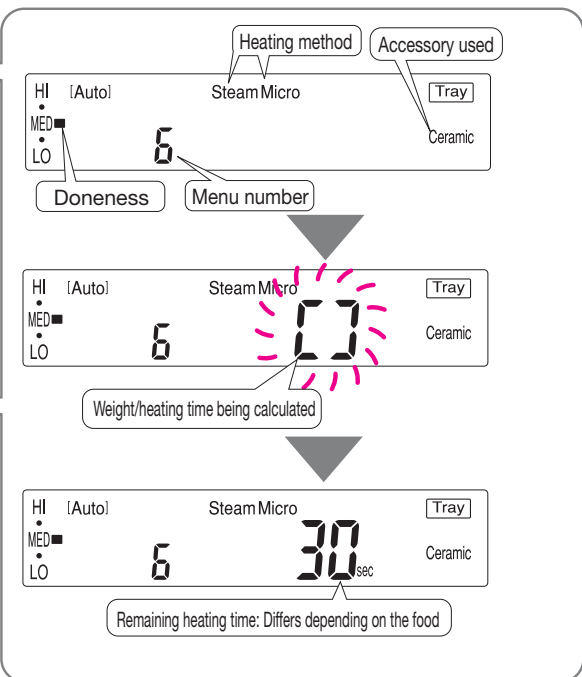
→ P. E-21

2

Press  to start.

When you hear the completion sound, remove the food.

- After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50



Tips for Freezing Foods Skillfully

● **Use plastic wrap or the like to seal the food tightly.**

● **Fish preparation**

Remove the scales, gills, and internal organs of the fish. Wash it in salt water and wipe off the water. Freeze each fish separately.

● **Remove any decorations such as plastic leaves, as well as absorbent pads and so on.**

● **Hot foods**

Freeze after the food has cooled down.

● **Vegetables**

Partially boil vegetables, so they are still firm. Drain any excess water and divide them into single servings (100–200 g). Bundle in plastic wrap or the like and freeze.

How to Defrost Foods Skillfully

Auto Cooking 6 Defrost

- Foods that can be defrosted include hard, frozen meat and fish just taken out of the freezer.**
- From 100–1,000 g of food can be defrosted at one time.**
 - When the weight is too heavy, you will hear beeping sounds.  is shown in the display area, and the food is not defrosted. Reduce the amount of food.
- When food is placed on top of a polystyrene foam tray, remove any packaging such as plastic wrap, and place the tray as-is in the center of the ceramic tray. If there is no polystyrene foam tray, place a commercially-sold oven sheet or paper towel on the ceramic tray, and place the food on top.**
 - Do not use ceramic plates, heat-resistant plates, or the like. The food will not defrost well.
 - Do not use polystyrene foam trays for uses other than defrosting, as they will melt.
- Defrost only after the oven cavity and ceramic tray have cooled down sufficiently.**
 - If you defrost food while the oven is hot, the tray may melt or the food may be excessively defrosted.
- Fill the water tank with water.**
 - If you do not fill the water tank with water, or if there is not enough water, the food may be excessively defrosted.
- After defrosting, let the food stand and defrost naturally.**
- Adjust the doneness according to how you intend to use the food after defrosting it.**

Intended use after defrosting	Doneness adjustment	
Eating raw sashimi after defrosting		When the food is done, the center is still slightly frozen. The fish can be easily cut with a knife, and will be ready to eat when it reaches the table. 
Cooking meat or fish after defrosting	 Heat ground beef or chunks of meat using 	Flatten out thin slices of meat by stretching them with your hands. 

● **Wrap food that is uneven in shape or thickness with aluminum foil before defrosting.**

- Make sure that the aluminum foil does not touch the walls of the oven cavity or the door glass: there will be sparks, and the ceramic tray and door glass may be damaged.

Shape, width, thickness, type	Area to wrap with aluminum foil
Width and thickness are uneven	Thin areas
Large frozen section	Side
Fish	Head and tail



In the following cases, defrost using Manual Cooking and keep an eye on the food while it is defrosting. → P. E-38

● **Precooked frozen food or frozen vegetables**

The rough target for defrosting is 4–5 minutes per 200 g.

Heat using  **200W**

● **When the amount of food is less than 100 g**
● **Foods that have been broken up and frozen**
● **Foods that have not been sufficiently defrosted**
● **Frozen foods –20°C or colder (When heating using Auto Cooking was insufficient.)**

The standard temperature for frozen food is –18°C.

Heat using  **100W**

● **Foods that are starting to melt**



Heat using  **100W** or  **200W**

Auto Cooking (Preparation)

Heating Vegetables (Boiling)

7 Leafy Vegetables 8 Root Vegetables

Note The power turns on when the door is opened.

Preparation

Bundle the vegetables in plastic wrap. Place the wrapped vegetables directly in the center of the ceramic tray, and close the door.

1

Turn , align it with the vegetable type, and select menu number 7 or 8.

To adjust doneness → P. E-21

2

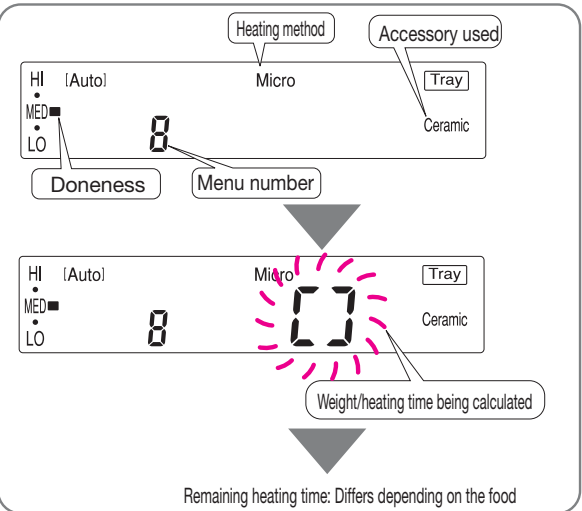
Press  to start.

When you hear the completion sound, remove the food.

Accessory Used



Example: For 8 Root Vegetables



How to Heat Vegetables Skillfully

Auto Cooking 7 Leafy Vegetables 8 Root Vegetables

Do not dry the vegetables. Bundle them tightly with plastic wrap, place the wrapped vegetables directly in the center of the ceramic tray, and heat. If you place the vegetables on a plate and then heat them, they will become overcooked. → P.54

From 100–500 g of 7 Leafy Vegetables and from 100–1,000 g of 8 Root Vegetables can be heated.

7 Leafy Vegetables	8 Root Vegetables
Fruit vegetables: Vegetables with edible fruit and seeds, such as eggplants and pumpkins. Leafy vegetables: Vegetables with edible leaves, such as spinach, and so on. Flower vegetables: Vegetables with edible flower petals and buds, such as cauliflower, broccoli, and so on.	Root vegetables: Vegetables that have edible underground root stalks and roots, such as potatoes, sweet potatoes, and the like.

How to prepare the food according to the cuisine

Make crosscut incisions in the thick stems of leafy vegetables and fruit or flower vegetables; vegetables that are clustered in bunches should be broken up into smaller clusters. Cut root vegetables into pieces of the same size, and select vegetables that are about the same size.



How to remove astringency according to the ingredients

Put spinach and the like in water immediately after heating. Immerse eggplants, cauliflower, and the like in lightly salted water or vinegar water before heating to remove astringency.



When you heat several whole potatoes or the like at the same time, arrange the potatoes in a ring and leave the center empty, and wrap them with plastic wrap.



CAUTION



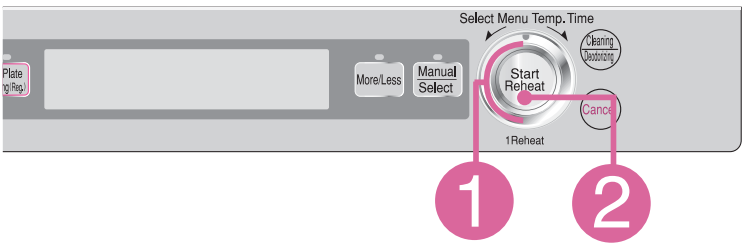
(Will result in fire)

Heating using Auto Cooking is not possible for amounts of food less than 100 g. Heat using Microwave 500W and keep an eye on the food as it cooks. → P. E-38

Do not wrap with paper products such as a cooking sheet.

Auto Cooking (Cooking)

Cooking with Preheat No Menu Options



Note The power turns on when the door is opened.

Preparation

Place the accessory appropriate for the menu option in the oven together with the food, and close the door.

1

Turn  and select the desired menu number.

To adjust doneness → P. E-21

2

Press  to start.

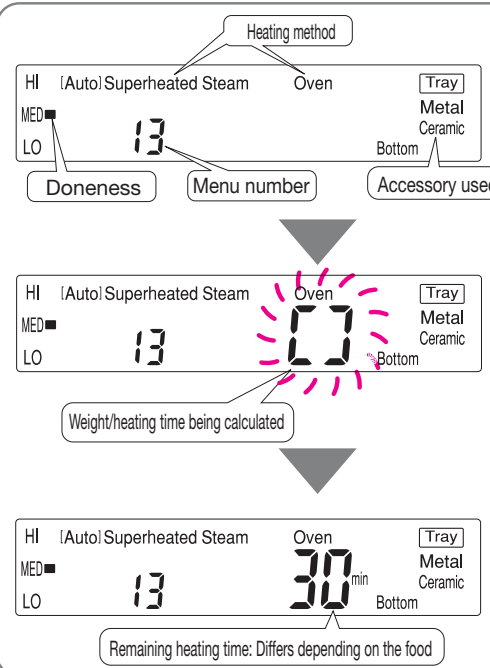
When you hear the completion sound, remove the food.

After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50

Reference pages in the Recipes section:

11 Chawanmushi	→ P. E-68	20 Quick Bread	→ P. E-71
12 Steamed Whitefish	→ P. E-69	23 Cake	→ P. E-76
13 Baked Potato	→ P. E-67	24 Homemade Foods	→ P. E-87–E-89
14 Chinjao Rosu	→ P. E-67	27 Hamburg Steak	→ P. E-65
15 Gratin/Lasagna	→ P. E-60	28 Grilled Chicken with Herbs	→ P. E-63
16 Yakitori	→ P. E-61	29 Chicken Teriyaki	→ P. E-64
18 Healthy Fried Shrimp	→ P. E-63	30 Fried Chicken	→ P. E-64
19 Cabbage Rolls	→ P. E-68		

Example: 13 Baked Potato



For 27 Hamburg Steak to 30 Fried Chicken

You can select Standard cooking or Healthy cooking.

Standard cooking

Speedy cooking, which effectively uses multiple heating methods such as the microwave, oven, grill, and so on. The operation procedure is as described above.

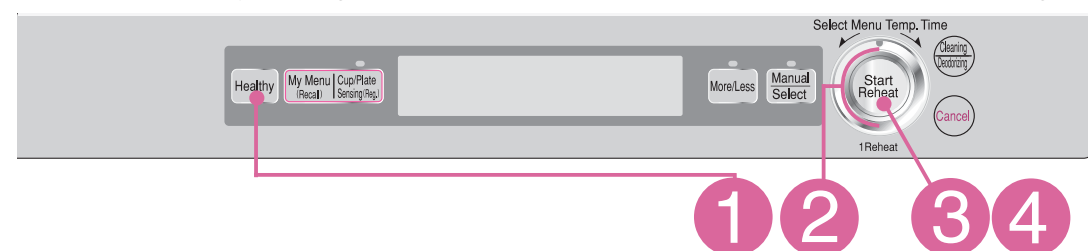
Healthy cooking

Healthy cooking, using a large amount of superheated steam, which removes more fat than with Standard cooking. After pressing the Healthy button, turn the dial to select the menu option. → P. E-36

Auto Cooking (Cooking)

Cooking with Preheat Yes Menu Options **Healthy**

Food is cooked by heating it with superheated steam, which is effective in removing fat.



Note The power turns on when the door is opened.

Preparation Place the ceramic tray on the bottom of the oven cavity, fill the water tank with water, and close the door.

1 Press **Healthy**.

2 Turn **Start Reheat**, and select the desired menu number.

To adjust doneness → P. E-21

3 Press **Start Reheat** (preheating starts).

■ During preheating, the oven lamp is turned off to save power. If you want to check on the food in the oven cavity during preheating, press **Start Reheat** to light the oven lamp for about five seconds.

When you hear the preheat completion sound, place the accessory in the oven with the food on it, and close the door.

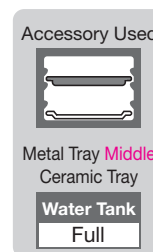
4 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

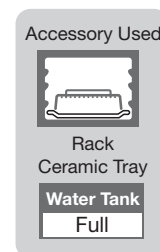
- After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50

Grease buildup in the oven cavity after cooking

Refer to Removing Unwanted Smells (Deodorizing) → P. E-51 and use **26 Deodorizing** to heat the oven.



27 Hamburg Steak → P.E-65

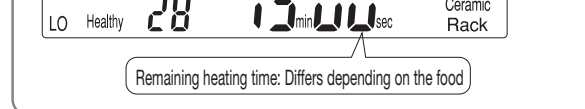
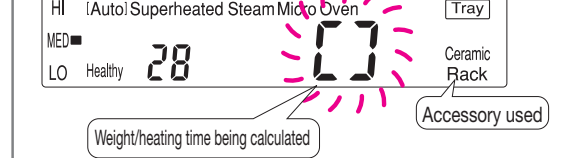
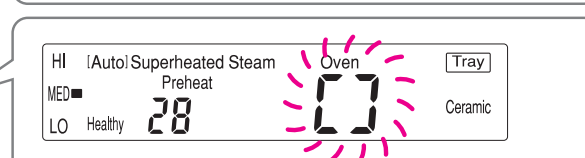
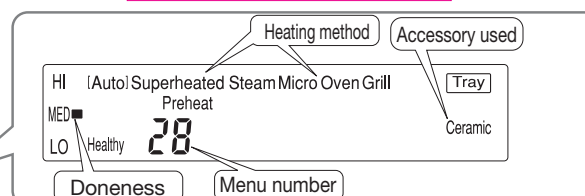


28 Grilled Chicken with Herbs → P.E-63

29 Chicken Teriyaki → P.E-64

30 Fried Chicken → P.E-64

Example: **28 Grilled Chicken with Herbs**



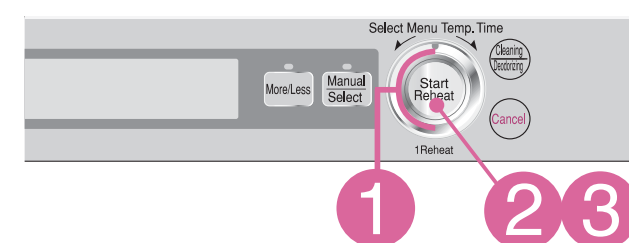
Auto Cooking (Cooking)

Cooking with Preheat Yes Menu Options

17 Roast Chicken

21 French Bread

22 Crispy Pizza



Note The power turns on when the door is opened.

Preparation Place the accessory appropriate for the menu option in the oven, insert the water tank, and close the door.

1 Turn **Start Reheat**, and select the desired menu number.

To adjust doneness → P. E-21

2 Press **Start Reheat** (preheating starts).

When you hear the preheat completion sound:

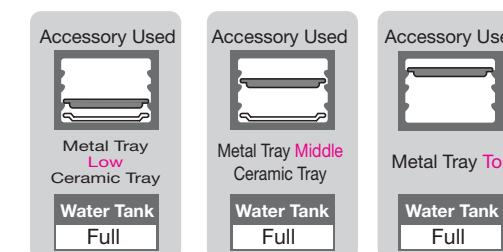
- For **17 Roast Chicken**, place the food on the metal tray, set them on the **bottom** rack, and close the door.
- For **21 French Bread**, place the food on the metal tray, set the tray on the **middle** rack, and close the door.
- For **22 Crispy Pizza**, place the food on the metal tray, set them on the **top** rack, and close the door.

■ During preheating, the oven lamp is turned off in order to save power. If you want to check inside the oven cavity during preheating, press **Start Reheat** to light the oven lamp for about five seconds.

3 Press **Start Reheat** to start.

When you hear the completion sound, remove the food.

- After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50



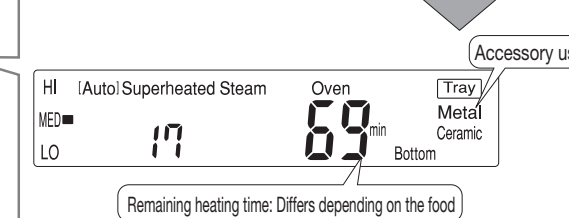
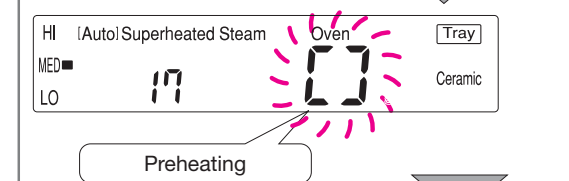
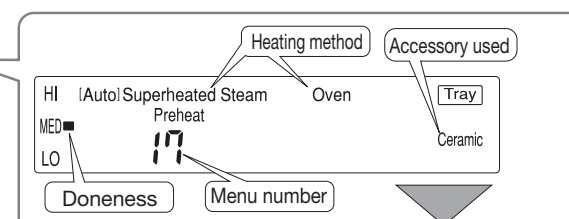
17 Roast Chicken → P.E-61

21 French Bread → P.E-72

22 Crispy Pizza → P.E-73

- For **17 Roast Chicken** and **21 French Bread**, place the empty ceramic tray on the bottom of the oven cavity and close the door.
- For **22 Crispy Pizza**, remove the ceramic tray, set the metal tray on the **top** rack, and close the door. (For Steam, Microwave, and Leaven, place the ceramic tray on the bottom of the oven cavity.)

Example: **17 Roast Chicken**



CAUTION

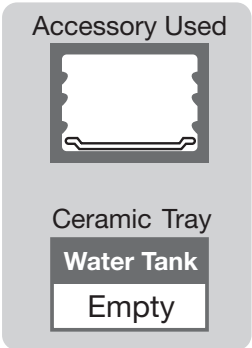
When you insert and remove the ceramic tray, metal tray, and rack there may be a risk of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

- After you remove the ceramic tray, metal tray, or rack do not place them in a location that is weak with respect to heat. Place them on top of the open door.
- Be sure to keep the accessories out of the reach of children and infants.
- Do not use damaged oven mitts or a wet cloth.

Manual Cooking (Microwave Heating)

Heating at a Constant Output (Wattage)

The operating method for 700W, 600W, 500W, 200W, and 100W will be explained here. Refer to P. E-44 for the operating method for Steam Microwave, and P. E-46 for the operating method for Steam Microwave Leaven.



Note The power turns on when the door is opened.

Preparation

Place the container or plate with the food in the center of the ceramic tray, and close the door.

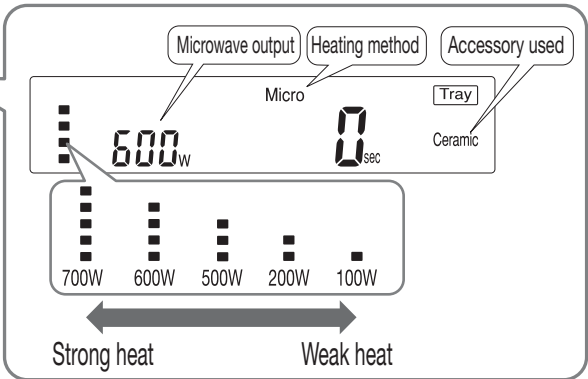
1 Select and set Microwave and Output (W).



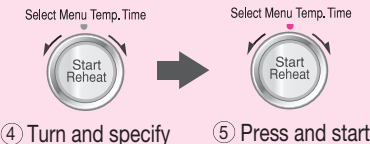
The display changes in the following order:

Microwave 700W ▶ Microwave 600W ▶ Microwave 500W
Microwave 200W ▶ Microwave 100W ▶ Oven ▶ Grill ▶ Steam
Microwave ▶ Steam Oven ▶ Steam Grill ▶ Superheated Steam
Oven ▶ Superheated Steam Grill ▶ Microwave 700W.

Example: Heat for one minute and 20 seconds using microwave 600W.



2 Set the heating time and start.



	Selection range for heating time	
700W	10 sec.–5 min.: 10 sec. units	(Maximum 10 min.)
600W	5 min.–10 min.: 30 sec. units	
500W	10 sec.–5 min.: 10 sec. units	(Maximum 20 min.)
	5 min.–20 min.: 30 sec. units	
200W	10 sec.–5 min.: 10 sec. units, 5 min.–20 min.: 30 sec. units,	
100W	20 min.–30 min.: 1 min. units, 30 min.–60 min.: 2 min. units,	
	60 min.–90 min.: 5 min. units, (Maximum 90 min.)	

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

WARNING

Do not heat raw eggs, boiled eggs (with or without the shell), or fried eggs using microwave heating.
(Eggs may burst and damage the ceramic tray or door glass.)

How to Determine Heating Time

- Cooking time differs depending on the type of food, even if the amount is the same.
Rough targets for heating times per 100 g of food using Microwave 700W

Type of food		Starting raw	Reheating	Food Type		Starting raw	Reheating
Vegetables	Leafy vegetables 	1 min.–1 min. 30 sec.	50 sec. –1 min.	Noodles 		_____	50 sec. –1 min.
	Root vegetables 	1 min. 30 sec. –1 min. 50 sec.	50 sec. –1 min.	Soup (Soup and so on) 		_____	1 min. 30 sec. –1 min. 50 sec.
Fish and seafood 		1 min. 30 sec. –1 min. 50 sec.	50 sec. –1 min.	Beverages (Milk and so on) 		_____	30–50 sec.
Meat 		1 min. 50 sec. –2 min. 20 sec.	1 min. –1 min. 20 sec.	Bread 		_____	20–40 sec.
Rice 		_____	30–50 sec.	Cake 		50 sec. –1 min.	_____

- When you heat using Microwave 500W, the heating times should be about 1.3 times longer than those listed above (at a room temperature of about 20°C).
- Manual cooking cannot be set for Microwave 1000W.
- Heating time differs depending on the container used.
Heating time differs slightly depending on the materials, size, and shape of the container.
- Set a heating time that is proportional to the amount of food.
When you double the amount of food, double the heating time as well.
- Heating time also differs depending on the temperature of the food before heating.
More time is required when you heat foods taken out of the refrigerator or freezer, even if it is the same type of food. For refrigerated foods, the rough target is about 1.3 times longer than the heating time at room temperature (about 20°C), and for frozen foods, the rough target is about 2.3 times longer. Heating time differs slightly in the summer and winter.
- When you heat small amounts of food (less than 100 g).
Use Microwave 500W, set the heating time to 20–50 seconds, and keep an eye on the food while it is heating. In particular, when you heat a small amount (less than 100 g) of vegetables such as carrots that are cut into small pieces, they may dry out, or there may be sparks and the food may burn. Sprinkle a generous amount of water over the vegetables and wrap them in plastic wrap, or spread the food out on a plate or the like, add just enough water to cover the food, cover the container with plastic wrap, and then heat.

How to Heat in Order to Prevent Bursting and Spattering

- For foods with skins or shells, such as squid, octopus, shrimp, and the like, make slits in the surface of the skin or shell.
- For shelled chestnuts and ginkgo nuts, make an incision in the shell, and cover before heating.
- Cut mushrooms in half before heating.
- For less than 100 g of diced vegetables such as carrots, sprinkle a generous amount of water over the food, and cover the container with plastic wrap. Use Microwave 500W and keep an eye on the food while it is heating.
- For thick liquids and the like, cover and mix before and after heating.

Manual Cooking (Microwave Heating)

Automatically Lowers Output (Wattage) During Heating (Relay Heating)

For stews, rice, and the like, where the heating method changes to simmering during heating.

Note The power turns on when the door is opened.

Preparation Place the container or plate with the food in the center of the ceramic tray, and close the door.

1 Select and set Microwave 700W, Microwave 600W, or Microwave 500W.

Select Menu Temp. Time

Manual Select → Start Reheat → Manual Select

① Press ② Turn and select ③ Press and set

→ P. E-38

2 Specify and set the heating time.

Select Menu Temp. Time

Start Reheat → Manual Select

④ Turn and specify ⑤ Press and set

→ P. E-38

3 Press Set one more time.

Manual Select

⑥ Press and set

4 Select and set 200W or 100W.

「200W」 ← 「100W」

Select Menu Temp. Time

Start Reheat → Manual Select

⑦ Turn and select ⑧ Press and set

5 Set the heating time and start.

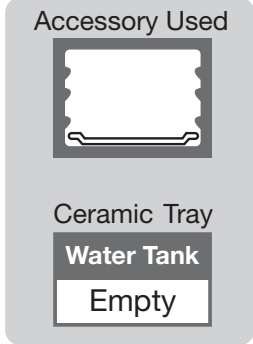
Select Menu Temp. Time

Start Reheat → Start Reheat

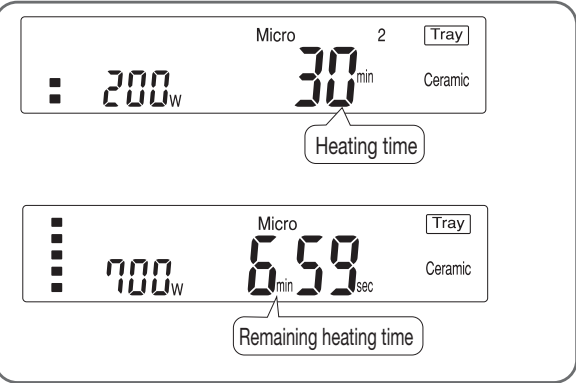
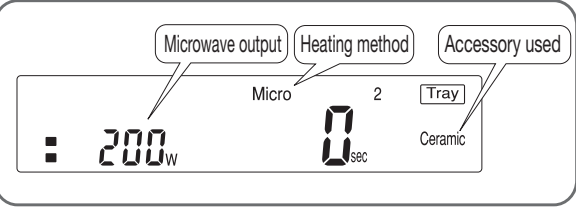
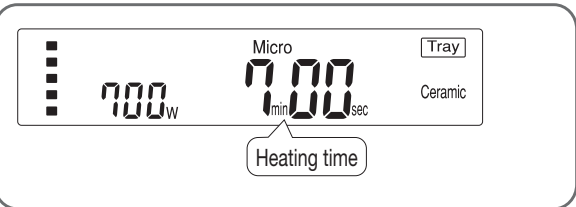
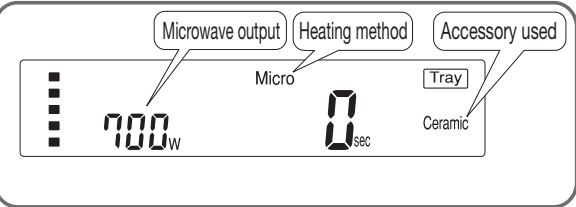
⑨ Turn and specify ⑩ Press and start

→ P. E-38

When you hear the completion sound, remove the food. The oven lamp turns off, 0 is displayed, and heating ends.



Example: After heating for seven minutes using Microwave 700W, heat for 30 minutes using Microwave 200W.



Manual Cooking (Grill Heating)

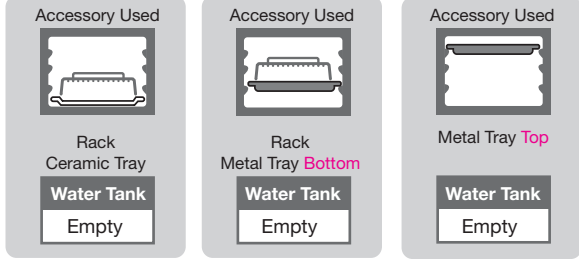
Heat While Browning the Surface of Foods Like Fish

Grill fish fillets, skewered food and so on.

Note The power turns on when the door is opened.

Preparation Place the food on top of the rack or the metal tray. Place the rack in the center of the ceramic tray, or place the metal tray together with the rack on the metal tray on the tray rack, and close the door.

- Use the appropriate accessory (metal tray, rack) and tray rack according to the food.



1 Select and set Grill.

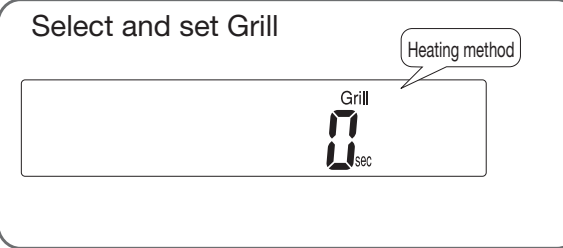
Select Menu Temp. Time

Manual Select → Start Reheat → Manual Select

① Press ② Turn and select ③ Press and set

The display changes in the following order:
Microwave 700W ▶ Microwave 600W ▶ Microwave 500W
Microwave 200W ▶ Microwave 100W ▶ Oven ▶ **Grill** ▶ Steam
Microwave ▶ Steam Oven ▶ Steam Grill ▶ Superheated Steam
Oven ▶ Superheated Steam Grill ▶ Microwave 700W.

Example: When heating for 15 minutes using Grill.



2 Set the heating time and start.

Select Menu Temp. Time

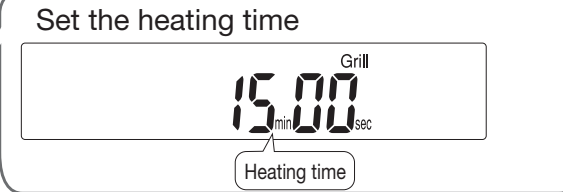
Start Reheat → Start Reheat

④ Turn and specify ⑤ Press and start

Selection range for heating time

0-5 min.	10 sec. units
5-20 min.	30 sec. units
20-30 min.	1 min. units
30-40 min.	2 min. units

When you hear the completion sound, remove the food. The oven lamp turns off, 0 is displayed, and heating ends.



CAUTION

When you remove the metal tray, ceramic tray, or super grill tray unit, use a thick, dry dishcloth or a commercially available oven mitt. (There is a risk of burns.)

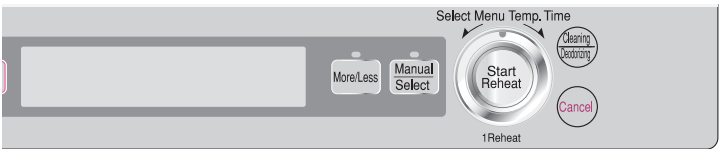
• If there is grease buildup in the oven cavity after cooking, refer to Removing Unwanted Smells (Deodorizing) → P. E-51 and heat the oven using 26 Deodorizing.

How to Use Grill Skillfully			
Accessory	Foods that can be grilled	How to arrange the food	How to grill the food
Rack + metal tray	Skewered food, fish fillets, and so on • Whole fish with internal organs intact cannot be grilled efficiently.		Flip over while grilling For skewered food, fish fillets, and the like, first grill the side that will be face down when you serve it. Halfway through the grilling time, flip them over and continue grilling.
Metal tray	Toast • It will take some time for toast to grill.		Flip over while grilling Flip over midway through grilling and continue grilling.
• While you are heating, you can increase and decrease the heating time in units of minutes. Use for adjusting how the grilling is finished.			
Turn while heating.		• If the heating time was started from 40 minutes, it is not possible to increase the heating time. • If less than one minute remains, it is not possible to increase or decrease the heating time.	

Manual Heating (Oven Heating)

Heating with Preheat Yes

Cook food after preheating the oven cavity.

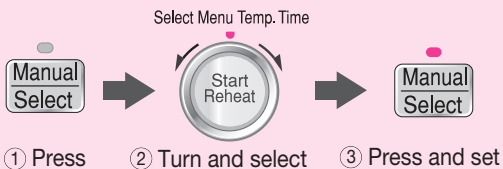


Note The power turns on when the door is opened.

Preparation Remove the ceramic tray, and close the door. Prepare the metal tray with the food placed on it.

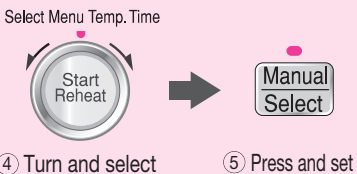
- Use accessories and the tray rack according to the food.

1 Select and set Oven.



The display changes in the following order:
Microwave 700W ▶ Microwave 600W ▶ Microwave 500W
Microwave 200W ▶ Microwave 100W ▶ **Oven** ▶ Grill ▶ Steam
Microwave ▶ Steam Oven ▶ Steam Grill ▶ Superheated Steam
Oven ▶ Superheated Steam Grill ▶ Microwave 700W.

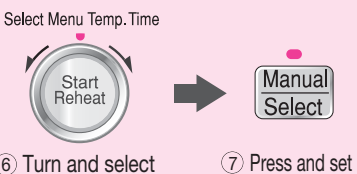
Select and set preheat Yes.



Yes ◀▶ No

Preheat lights up with Preheat Yes
Preheat turns off with Preheat No

Select and set the number of metal tray racks to be used.



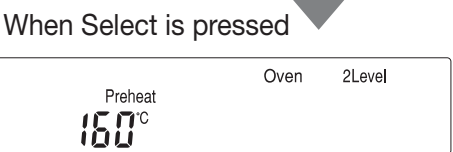
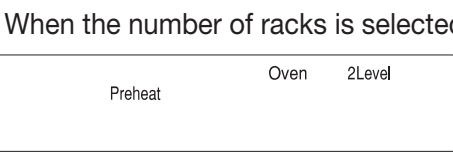
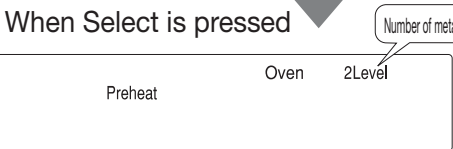
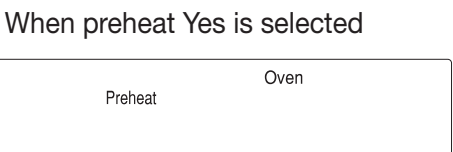
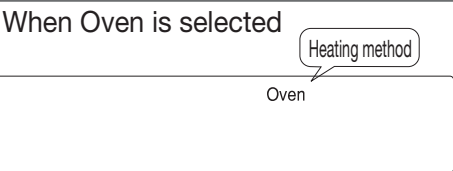
2 Level ◀▶ 1 Level



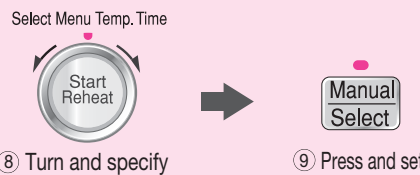
Do not use
the ceramic tray



Example: Heat for 30 minutes at 200°C using Oven, preheat Yes, and metal tray 2 Level.



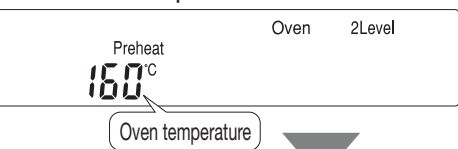
2 Specify and set the temperature.



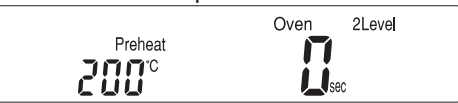
You can select from 100°C–230°C (in units of 10°C) and 250°C.

- If the oven cavity is hot, the maximum temperature that can be set is 230°C.
- The operation time at 250°C is about five minutes. Afterwards, the temperature automatically switches to 230°C.

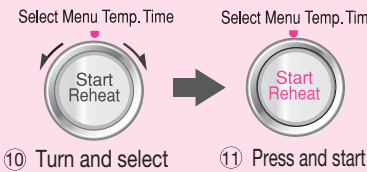
When the temperature is set



When Select is pressed



3 Set the heating time, and start.



1–30 min.: 1 min. units
30–60 min.: 2 min. units
60–90 min.: 5 min. units

Preheating starts.

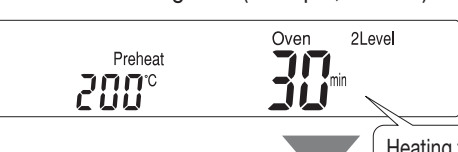
During preheating, the oven lamp is turned off in order to save power. If you want to check inside the oven cavity during preheating, press **Start Reheat** to light the oven lamp for about five seconds.

When you hear the preheat completion sound, open the door, and insert the accessory with the food on it into the oven.

4 Press **Start Reheat** to start.

When you hear the completion sound, remove the food. The oven lamp turns off, 0 is displayed, and heating ends.

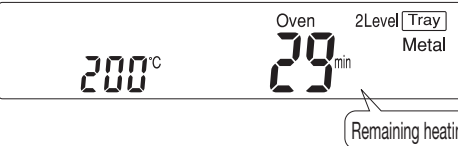
When the heating time (example, 30 min.) is set



Press start



- Either the temperature becomes the specified temperature, or preheating ends after 45 minutes.
- When left as-is after preheating has completed, preheating continues for 10 more minutes, and then heating for the specified time is carried out.



How to Use the Oven Skillfully

• You can increase or decrease the temperature and heating time while the oven is preheating or during heating. Use this to adjust how grilling is finished.

■ To change the temperature, turn **Start Reheat** to increase or decrease the temperature in units of 10°C.

■ Press **Manual Select** during heating and turn **Start Reheat** to increase or decrease the heating time in units of one minute.

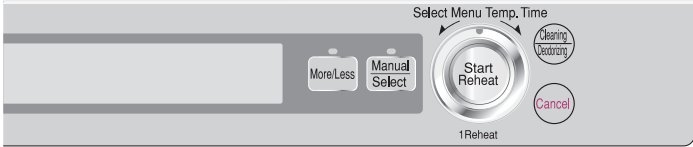
In addition, to change the temperature, press **Manual Select** and turn **Start Reheat** to increase or decrease the temperature in units of 10°C.

- If the heating time was started from 90 minutes, it is not possible to increase the heating time.
- If less than one minute remains, it is not possible to increase or decrease the heating time.

Manual Cooking (Oven Heating)

Heating Using Preheat No

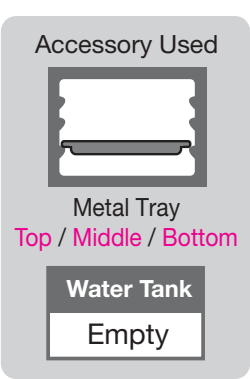
Cook food without preheating the oven cavity.



Note The power turns on when the door is opened.

Preparation Remove the ceramic tray, set the metal tray with the food on it on the tray rack, and close the door.

- Use the appropriate accessory (metal tray, rack) and tray rack according to the food.



Do not use the ceramic tray
However, can be used for additional heating using Auto Cooking as described in this manual.



Example: Heat for 30 minutes at 200°C using Oven, preheat No, and metal tray 2 Level.

1 Select and set Oven.

① Press **Manual Select** → ② Turn and select **Start Reheat** → ③ Press and set **Manual Select**

→ P. E-42

Select and set preheat No

Yes ◀ ▶ No

Preheat lights up with Preheat Yes
Preheat turns off with Preheat No

Select and set the number of metal tray racks to be used.

2 Level ◀ ▶ 1 Level

④ Turn and select **Start Reheat** → ⑤ Press and set **Manual Select**

2 Specify and set the temperature.

⑧ Turn and specify **Start Reheat** → ⑨ Press and set **Manual Select**

You can select from 100°C–230°C (in units of 10°C) and 250°C.

3 Set the heating time, and start.

1–30 min.: 1 min. units
30–60 min.: 2 min. units
60–90 min.: 5 min. units

⑩ Turn and specify **Start Reheat** → ⑪ Press and start **Start Reheat**

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

Heating method
Oven

Oven 2Level

Preheat No

Number of metal tray racks used
Oven 2Level

160°C

Oven 2Level

200°C 0 sec

Oven temperature

- If the oven cavity is hot, the maximum temperature that can be set is 230°C.
- The operation time at 250°C is about five minutes. Afterwards, the temperature switches automatically to 230°C.

Oven 2Level

200°C 30 min

Heating method

Heating Point

• You can increase or decrease the temperature and heating time during heating. Use this to adjust how grilling is finished. → P. E-43

Manual Cooking (Combination with Steam and Superheated Steam)

Combine Microwave/Grill/Oven Heating with Steam/Superheated Steam



Note The power turns on when the door is opened.

Preparation Place the accessory to be used according to the food and the heating method in the oven, and close the door.
Fill the water tank with water.

1 Select and set the desired heating.

① Press **Manual Select** → ② Turn and select **Start Reheat** → ③ Press and set **Manual Select**

The display changes in the following order:
Microwave 700W ▶ Microwave 600W ▶ Microwave 500W
Microwave 200W ▶ Microwave 100W ▶ Oven ▶ Grill ▶ **Steam**
Microwave ▶ **Steam Oven** ▶ **Steam Grill** ▶ **Superheated Steam**
Oven ▶ **Superheated Steam Grill** ▶ Microwave 700W.

2 Select and set the details of heating.

④ Turn and select **Start Reheat** → ⑤ Press and set **Manual Select**

- When you specify Steam Microwave, press **Manual Select** while 350W is shown in the display area, and specify the heating time.

3 Specify the heating time, and start.

⑥ Turn and set **Start Reheat** → ⑦ Press and start **Start Reheat**

The details of heating that can be selected are different for Microwave, Grill, and Oven.

Refer to the following pages for operating procedures.

Microwave → P. E-38 Oven → P. E-42-E-44 Grill → P. E-41

When you hear the completion sound, remove the food.

- After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50

Steam + **Microwave**

Steam/Superheated Steam + **Grill**

Steam/Superheated Steam + **Oven**

Accessory Used

Ceramic Tray

Water Tank Full

Do not use the metal tray

Do not use the rack

Accessory Used

Rack

Ceramic tray

Water Tank Full

Accessory Used

Metal Tray

Ceramic Tray

Water Tank Full

Heating details that can be selected:

Steam Microwave

Wattage Fixed at 350W

Heating time 10 sec.–5 min. (10 sec. units)
5 min.–20 min. (30 sec. units)

Steam grill/Superheated steam grill

Heating time 10 sec.–5 min. (10 sec. units)
5 min.–20 min. (30 sec. units)
20 min.–30 min. (1 min. units)
30 min.–40 min. (2 min. units)

Steam oven

Preheat Yes No

Number of racks 2 Level 1 Level

Temperature 100°C–230°C (units of 10°C)
250°C

Heating time 1 min.–30 min. (1 min. units)
30 min.–60 min. (2 min. units)
60 min.–90 min. (5 min. units)

Superheated steam oven

Preheat Yes No

Number of racks None (heat using middle or Bottom rack)

Temperature 100°C–230°C (units of 10°C)
250°C
(When preheat Unlit is selected, up to 250°C)

Heating time 1 min.–30 min. (1 min. units)
30 min.–40 min. (2 min. units)

- It is not possible to specify the number of racks.

Manual Cooking (Leavening)

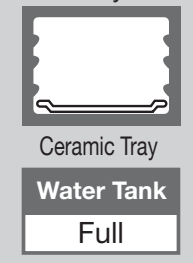
Heat Using Steam Microwave Leavening

You can quickly leaven small amounts of dough for Quick Bread and so on.

Note The power turns on when the door is opened.

Preparation Place the food in the center of the ceramic tray and close the door. Fill the water tank with water.

Accessory Used



Do not use the metal tray

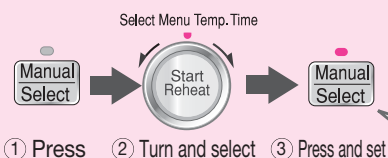


Do not use the rack



Example: Heat for 10 minutes using Steam Microwave, set to Leaven / 30W.

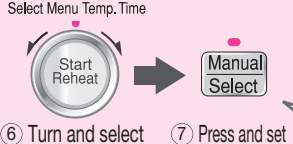
1 Select and set Steam Microwave.



Select and set Leaven.

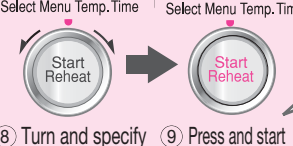
350W ◀▶ Leaven

2 Select and set the wattage



10W (LO) ◀▶ 20W (M-LO) ◀▶ 30W (MED) ◀▶ 40W (M-HI) ◀▶ 50W (HI)
When you turn the dial, the doneness adjustment switches in the above order.

3 Specify the heating time, and start



1-30 min.: 1 min. units
30-60 min.: 2 min. units
60-90 min.: 5 min. units

When you hear the completion sound, remove the food.
The oven lamp turns off, 0 is displayed, and heating ends.

• After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50

Steam Micro
350W

HI MED Leaven LO 30W

HI MED Leaven LO 30W 0 sec Ceramic Tray

HI MED Leaven LO 30W 10:00 sec Ceramic Tray Heating method

Rough target for leavening temperature

When the temperature of kneaded dough is about 25°C and the wattage is set to 30W (MED) (about 10 minutes), the temperature of the dough when leavening ends will be about 30°C.

Tips for Steam Microwave Leavening

• It is not possible to use the metal tray for **Steam Microwave Leaven**. Will result in sparks.

When you carry out the first rising for dome-shaped bread, butter rolls, and so on as described in the Recipes section using **Steam Microwave Leaven**, leaven at 30W (doneness adjustment MED) for 20-30 min.
• For leavening, place the kneaded dough in a heat-resistant glass bowl, and place the bowl on the ceramic tray. (The metal tray and metal containers cannot be used. Plastic and glass containers can be used.)

Heat Using Steam Oven Leavening

Leaven bread dough and the like.

Note The power turns on when the door is opened.

Preparation Place the ceramic tray on the bottom of the oven cavity. Put the metal tray with the food placed on it into the oven, fill the water tank with water until it is full, and close the door.

Accessory Used

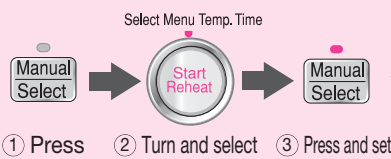


Do not use the rack



Example: Heat for 50 minutes at 40°C using the steam oven with preheat unlit and metal tray 1 level.

1 Select and set Steam Oven.



Select and set preheat No.

Yes ◀▶ No

Preheat lights up with Preheat Yes
Preheat turns off with Preheat No

• With preheat Yes, steam oven leavening cannot be selected.

Select and set the number of metal tray racks used.

2 Level ◀▶ 1 Level

2 Select and set the leavening temperature.

Four levels are available:
30°C, 35°C, 40°C, and 45°C

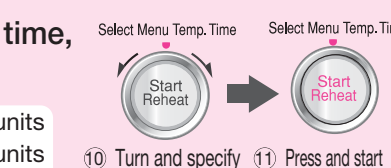
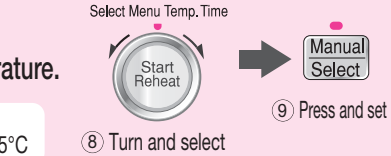
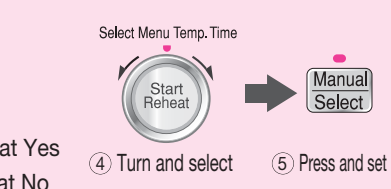
3 Set the heating time, and start.

1-30 min.: 1 min. units
30-60 min.: 2 min. units
60-90 min.: 5 min. units

When you hear the completion sound, remove the food.

The oven lamp turns off, 0 is displayed, and heating ends.

• After using steam, wipe the water droplets from the oven cavity and door after the oven has cooled down. → P. E-50



Preheat Steam Oven

Preheat No Steam Oven 2Level

Steam Oven 1 Level 160°C

Leaven 40°C Steam Oven 1 Level Metal Ceramic Tray 0 sec

Leaven 40°C Steam Oven 1 Level Metal Ceramic Tray 50 min

How to Use Leaven Efficiently

• The leavening temperature differs depending on the menu option and whether it is the first rising or second rising. Follow the instructions for each of the menu options in the Recipes section of this manual.
• For leavening as described in a commercially available recipe book, or leavening for use in your own recipe, use **Steam**, **Oven Leaven**, and keep an eye on the food.

Menu Option	Page	Menu Option	Page
Quick Bread / Raisin Bread	→ P. E-71	Butter Rolls	→ P. E-74
Crispy Pizza	→ P. E-73	Dome-shaped Bread	→ P. E-74
Yogurt	→ P. E-90	French Bread	
		Bâtard	→ P. E-72
		Coupé	→ P. E-72

Heating Times for Manual Cooking

Microwave Cooking (Vegetables)

- For Auto Cooking, heat leafy vegetables and fruit/flower vegetables using [7 Leafy Vegetables](#), and root vegetables using [8 Root Vegetables](#). ➔ P. E-34

Menu selection		Cooking tips	Rough target for Manual Cooking Microwave700W		Covering
			Amount	Heating time	
Leafy vegetables	Spinach	Make incisions in thick stalks, and arrange with the leafy parts and the stems alternating. After heating, place in cold water to remove bitterness and preserve the color.	200 g	2 min –2 min. 20 sec.	Yes
	Napa cabbage, Bean sprouts, Cabbage	For napa cabbage, arrange with the leafy parts and the bases of the leaves alternating. After heating, drain the water using a colander.			
Fruit/flower vegetables	Cauliflower Broccoli	Divide into small clusters.	200 g	1 min. 30 sec. –2 min.	Yes
	Eggplant	Cut according to how you will use it, and place in salt water to remove bitterness. After heating, place in cold water to preserve the color.			
	Asparagus	Trim the bottom of the stalks, and arrange with the spears and the stalk portions alternating. For Auto Cooking, heat using M-HI .			
	Green beans Snow peas	Trim the ends and the string along the side. After heating, rinse quickly in cold water to preserve the color.	200 g	2 min. –2 min. 30 sec.	
	Corn	If you use the husk as a wrap, remove the silk.	1 ear (300 g)	4 min.–5 min. 30 sec.	
	Pumpkin	Cut into pieces of about the same size. For Auto Cooking, heat using HI .	200 g	2 min. 30 sec.–3 min.	
Root vegetables	Carrots	For Auto Cooking, heat using LO .	200 g	3 min. 30 sec.–4 min.	Yes
	Sweet potato	For thick sweet potatoes, heat using MED .			
	Taro	Rub peeled taro with salt and rinse in water to remove the sliminess.			
	Burdock root Lotus root	Immerse burdock root and lotus root in vinegar water to remove bitterness, then sprinkle with vinegar and heat.			
	Potato Radish	When you want to heat potatoes whole, turn the potatoes over after heating and let them stand for a while. If using Auto Cooking for diced potatoes, use LO .	150 g 300 g	About 4 min. 5 min. 30 sec.–6 min.	

Microwave Cooking

Defrosting Raw Foods

Menu selection	Amount	Heating time Microwave100W	Covering
Tuna (block)	200 g	4–6 min.	-
Squid (roll)	100 g	2–3 min.	-
Shrimp	10 (about 200 g)	3–5 min.	-
Fish fillet	1 fillet (about 100 g)	2–3 min.	-
Ground meat	200 g	5–7 min.	-
Sliced meat	200 g	4–6 min.	-
Chicken thigh (boneless)	250 g	6–7 min.	-
Chicken thigh (with bone)	250 g	7–8 min.	-

Microwave Cooking

(Defrosting and Reheating Frozen Foods)

Menu selection	Amount	Heating time Microwave700W	Covering
Frozen rice (2-3 cm thick block)	1 serving (150 g)	2 min.–2 min. 30 sec.	Yes
Frozen pilaf (loose)	1 serving (250 g)	3 min. 20 sec.–4 min.	Yes
Frozen spaghetti	1 serving (250 g)	3 min. 20 sec.–4 min.	Yes
Frozen hamburger steak	1 steak (100 g)	2 min. 30 sec.–3 min.	Yes
Frozen deep-fried food	2-4 pieces (100 g)	1 min. 40 sec.–2 min.	-
Frozen steamed meat dumplings	15 pieces (220 g)	3–4 min.	Yes
Frozen meatballs (with sweet and sour sauce)	1 bag (200 g)	2–3 min.	Yes
Frozen curry/stew	1 serving (200 g)	3 min. 30 sec.–4 min.	Yes
Frozen mixed vegetables	100 g	2 min.–2 min. 30 sec.	Yes
Frozen green beans	200 g	2–3 min.	Yes
Frozen pumpkin	200 g	2–3 min.	Yes
Frozen sweet corn	300 g	5–6 min.	Yes
Frozen bean-paste bun/steamed meat bun	1 each (80 g)	50 sec.–1min. 10 sec.	Yes

Microwave Cooking

Defrosting Once-Boiled Frozen Vegetables

Menu selection	Amount	Heating time Microwave700W	Covering
Mixed vegetables	100 g	1 min. 40 sec.–2 min.	-
Green beans	100 g	About 2 min.	-

- Remove any coverings, such as plastic wrap and lids. Place on a polystyrene foam tray and then heat.
- Let stand for three to five minutes after heating and let the food defrost naturally.

- When you heat bean-paste buns and steamed meat buns, remove the paper on the bottom, immerse in water, wrap loosely, place on a plate, and heat.
- When you heat bread and steamed buns, heat right before eating, as they will harden with time.
- For mixed vegetables, immerse in water, spread out on a plate, and then heat. When small amounts (less than 100 g) are covered with plastic wrap and heated, there may be sparks and the food may burn, or the food may dry out. (Refer to ➔ P. E-39) When you heat small amounts (less than 100 g) of food.) Sprinkle a generous amount of water on the food and wrap in plastic wrap, or spread the food out on a plate or the like, add just enough water to cover the food, cover the container with plastic wrap, and then heat.
- When you heat store-bought frozen foods (deep-fried foods, croquettes, and so on), place the food on a tray or in a container according to the food manufacturer’s instructions, and place it in the center of the ceramic tray. For the heating time, use the heating time indicated by the food manufacturer for 500W, and heat the food.

The dash in the Covering column indicates that a covering such as plastic wrap or the like is not to be used.

Microwave Cooking

Heating Rice and Side Dishes

	Menu selection	Amount	Heating time Microwave700W		Covering
Rice/Noodles	Rice	1 serving (150 g)	50 sec.–1 min.	-	
	Fried rice/pilaf	1 serving (250 g each)	About 1 min.	-	
Grilled food/Deep-fried food	Spaghetti/Yakisoba (Japanese style fried noodles)	1 serving (250 g each)	About 2 min. 30 sec.	-	
	Grilled fish	1 serving (100 g)	About 1 min.	Yes	
Sautéed food	Hamburg steak	1 steak (100 g)	About 1 min.	-	
	Deep-fried foods	2–4 pieces (100 g)	40-50 sec.	-	
Boiled food	Croquettes	2 pieces (150 g)	50 sec.–1 min.	-	
	Sautéed vegetables	1 serving (200 g)	About 1 min. 40 sec.	-	
Steamed food	Chop suey	1 serving (300 g)	About 2 min. 30 sec.	-	
	Boiled vegetables	1 serving (200 g)	1 min. 40 sec.–1 min. 50 sec.	-	
Steamed food	Boiled fish	1 piece (100 g)	About 50 sec.	Yes	
	Steamed meat dumplings	1 serving (200 g)	About 1 min. 40 sec.	-	
Soups	Soup/consommé	1 serving (150 g)	1 min.–1 min. 40 sec.	-	
	Curry/stew	1 serving (200 g each)	About 1 min. 40 sec.	Yes	
Beverages	Potage soup	1 serving (150 g)	1 min. 30 sec.–2 min.	-	
	Milk	1 serving (200 ml)	About 1 min. 30 sec.	-	
Breads	Coffee	1 serving (150 ml)	About 1 min. 10 sec.	-	
	Hamburger	1 hamburger (100 g)	30–40 sec.	-	
Savories	Hot dog	1 hot dog (80 g)	20–30 sec.	-	
	Butter rolls	2 (80 g)	About 20 sec.	-	
Savories	Bean-paste bun/steamed meat bun	1 each (80 g)	30–40 sec.	Yes	

Steam/Microwave Cooking

(Heating Rice and Side Dishes)

(Defrosting and Reheating Frozen Foods)

Reheat foods that you want to make moist and soft, or side dishes that harden easily.

Menu selection	Amount	Heating time		Covering
		Microwave	Steam	
Rice	1 serving (150 g)	2 min.–2 min. 30 sec.	-	
Steamed meat dumplings	8 pieces (160 g)	2 min. 30 sec.–3 min.	-	
Meat bun	1 bun (100 g)	1 min. 30 sec.–2 min.	-	
Yakisoba (Japanese style fried noodles)	1 serving (250 g)	3–4 min.	-	
Hamburg steak	1 steak (100 g)	2 min.–2 min. 30 sec.	-	
Grilled fish	1 serving (100 g)	2 min.–2 min. 30 sec.	-	
Boiled fish	1 piece (100 g)	2 min.–2 min. 30 sec.	-	
Hamburger	1 hamburger (100 g)	1 min. 30 sec.–2 min.	-	
Hot dog	1 hot dog (80 g)	1 min.–1 min. 30 sec.	-	
Frozen steamed meat dumplings	15 pieces (240 g)	7–9 min.	-	
Frozen meat bun	1 bun (100 g)	2–3 min.	-	
Frozen meat ball	1 bag (100 g)	3–4 min.	-	

- When you heat grilled fish, boiled fish, curry, or stew, cover the container, as the food may spatter during heating.

Oven Cooking

Grill Cooking

Only representative menu options are listed. When you use Manual Cooking, refer to similar menu options.

	Menu selection	Amount	Tray rack	Temperature	Heating time		Reference page
					Preheat Yes	Preheat No	
Cake	Decorated cake	Diameter 15 cm	Bottom	160°C	30–36 min.	36–42 min.	E-76
		Diameter 18 cm			36–42 min.	42–48 min.	
		Diameter 21 cm			40–46 min.	46–52 min.	
Bread	Cheesecake	Diameter 18 cm	Middle	200°C (Specify 2 Level)	40–44 min.	46–56 min.	E-77
	French bread (bâtard, coupé)	For 1 metal tray each			34–38 min.	—	E-72
Pizza	Quick Bread, raisin bread	8 pieces each	Middle	180°C	13–20 min.	23–32 min.	E-71
	Crispy pizza	For 1 metal tray each		200°C	15–20 min.	—	E-73
Gratin	Macaroni gratin	4 plates	Middle	210°C	30–40 min.	—	E-60
	Lasagna	1 plate					
Grilled food	Hamburg steak	4 steaks	Middle	250°C	10_18 min.	18_28 min.	E-65
	Skewered food	6 skewers / 12 skewers			—	25–36 min.	E-61

- For information on how to make each menu option, refer to the listed page(s).
- If you are concerned about uneven cooking, turn the food around during heating so that the front and back are reversed. If you are concerned about uneven cooking in the vertical direction, switch the metal tray from the upper rack to the bottom rack. You should make the switch after 2/3–3/4 of the heating time has passed.
- When you cook an oven recipe from a store-bought cookbook, or when you use store-bought dough, use the temperature and time of a similar menu option in the Recipes section as a reference, and cook the food using Manual Cooking and keep an eye on it as it cooks.
- For skewered chicken, flip the food over halfway through the grilling time, and continue grilling.

Maintaining the Main Unit/Accessories

Maintaining the Main Unit/Accessories

- The oven should be cleaned regularly and any food deposits removed.
- Failure to maintain the oven in clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in hazardous situation.

Ceramic tray

Wipe with a well-wrung wet dishcloth.

- For dirty spots that are difficult to remove with a dishcloth, take out the ceramic tray, apply a store-bought cream cleanser (with an abrasive compound), and scrub and rinse the area.

The ceramic tray may break if it is bumped or struck.

- If the ceramic tray becomes cracked or broken, do not use it in that condition. Please consult with the Service Center. Using the ceramic tray if it is damaged will result in malfunctions.

Interior walls, front, inside of door, cover in oven cavity

Wipe with a well-wrung wet dishcloth.

- Wipe off drops of water on the inside of the oven cavity with a well-wrung wet dishcloth.
- If there is excessive dirt, squeeze some mild detergent for kitchen use onto a cloth, and wipe the dirt with the cloth. Make sure to wipe off the detergent afterwards with a well-wrung wet dishcloth.
- Do not use force to scrub the cover. This may result in damage, cracks, and chips.

Inside of door on the front

- As there is a gap in the joined sections, be careful not to spill any beverages or soups.

Exterior • Door seal

Wipe with a soft cloth.

- If there is excessive dirt, squeeze some mild detergent for kitchen use onto a cloth, and wipe the dirt with the cloth. Make sure to wipe off the detergent afterwards with a well-wrung wet dishcloth.

Rack • Metal tray

Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water. Be sure to wipe off the water thoroughly.

- If the metal tray is immersed in an acidic water solution such as vinegar or baking soda, or in an alkaline water solution, the surface may become bleached.

Steam outlet

Wipe with a well-wrung wet dishcloth.

- Some white spots may remain after you use steam. Wipe the steam outlet frequently with a well-wrung wet dishcloth.

Water tank

Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water. Be sure to wipe off the water thoroughly.

- Do not place the water tank inside a dishwashing dryer, dish dryer, or dishwasher. The water tank will become deformed and damaged.

Drip tray

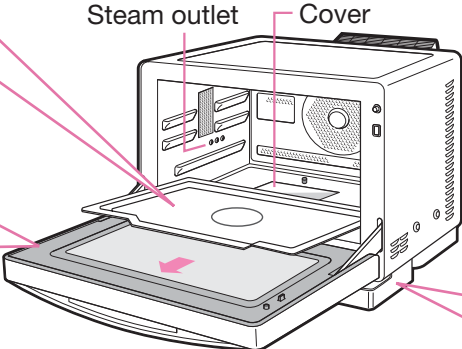
The drip tray can be removed and washed.

After you remove the water tank, place your fingers on the indentations in the front on the left and right sides, and pull out the drip tray by lifting it up slightly and pulling it towards you.

Squeeze some mild detergent for kitchen use onto a sponge, remove the dirt, and rinse with water. Be sure to wipe off the water thoroughly.

Remove the drip tray if you lift up the oven.

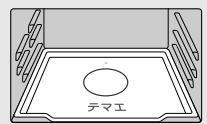
- When you insert the drip tray, push it in firmly towards the back until you hear a clicking sound. (When the drip tray is not inserted securely, there will be water leakage and insufficient steam.)



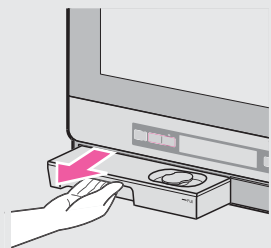
How to Drain the Water

After steam cooking is complete, drain the water from the pipe.

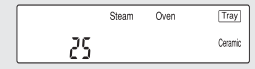
Insert the ceramic tray and close the door.



1 Check to make sure that 0 is shown in the display area, and pull the water tank out from the main unit.



2 Press and select **25 Cleaning**.



3 Press and start.




When you hear the completion sound, draining is complete.



Wipe off the drops of water on the inside of the oven cavity using a well-wrung wet dishcloth.

CAUTION

(Will cause burns and injury)

- During heating for **25 Cleaning** and after it is complete, do not bring your face near the oven or open the door. Even after heating is complete, steam may be released in some areas, or hot water may burst out.
- If you interrupt **25 Cleaning**, and after it is complete, do not touch the steam outlet on the side of the oven cavity. The area around the steam outlet is very hot, and touching this area will result in burns. Even if the oven cavity is not hot, the steam outlet and screws may be at a high temperature.

Removing Unwanted Smells (Deodorizing)

Use **26 Deodorizing**.

For the operating procedure, refer to How to Run the Oven Empty (Deodorizing). [→ P. E-5](#)

Use this function when you want to cook another type of food after grilling fish, or when you are concerned about the odor of the oven cavity.

You can remove grease buildup in the oven cavity and reduce odors.

- There may be a smell of burning oil, or there may be smoke. Open a window or ventilate the area using a fan.

Deodorizing Mechanism

The high heat from the heaters (the grill and oven heating) raises the temperature in the oven cavity to a high level. The oil and odor components remaining in the oven cavity are broken down and are emitted to outside the oven cavity.

Food crumbs that remain in the oven cavity are not removed. Wipe them off beforehand. (Due to the high temperature, they may cause smoke, as well as ignition.)

How to Clean the Oven Cavity

Steam is generated, making it easy to wipe off the dirt inside the oven cavity.

Insert the ceramic tray and close the door.

1 Check to make sure that 0 is shown in the display area, and insert the water tank into the main unit.

(How to Use the Water Tank [→ P. E-17](#))

2 Press and select **25 Cleaning**.

3 Press and start.

When you hear the completion sound, clean the oven cavity according to the following procedure.

4 Wipe off the dirt after the oven cavity has cooled down.

5 After you finish cleaning the oven cavity, drain the water from the pipe (inside the main unit). For the operating procedure, refer to How to Drain the Water at the top of this page.

CAUTION

(Will result in rusting)

Do not scrub the metal tray or rack with a metal scrubbing brush or a sharp object.

(Will result in injury and damage)

Do not scrub the ceramic tray with a metal scrubbing brush or sharp object.

(Will result in rusting, electrical shock, and malfunctions)

Do not spray water onto the outer cover, door, or control panel, or inside the oven cavity

(Will result in scratches and deformation)

Do not wipe the control panel or door with oven cleaners, thinners, benzene, glass polish sprays, bleaching agents, and so on.

★If you use disposable wet wipes, use them according to the instructions provided for the wet wipes.

★Do not use a steam cleaner.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

(Will result in sparks, rusting, foul odors)

Do not leave any food crumbs or juices on the inside walls of the oven cavity. The dirt will become difficult to remove.

- The inside of the oven cavity is treated with a coat of paint. As it is easily scratched, do not scrub it with a hard object such as a scrubbing brush.
- Smoke may occur during cooking.

(Will result in injury and damage)

Do not bump or strike the ceramic tray.

When Food Does Not Turn Out Well

In order to ensure that food is cooked efficiently, perform zero-point adjustment once a month. ➡ P. E-5

Cooking results are not good.

- Are you using the correct cooking procedure, wrapping method, food amount, accessories, containers, and so on? (Check this manual again.) For Auto Cooking, if the food is undercooked or overcooked even after you check these points, perform zero-point adjustment of the Triple Weight Sensor. ➡ P. E-5
- If you cook consecutive batches of cakes and cookies, use the metal tray after it has cooled down. If the metal tray is too hot, it can result in the food being burned.

Food is not cooked well when cooking based on oven recipes from a store-bought cookbook, or when store-bought dough is used.

Use the temperature and time for a similar menu option in the Recipes section as a reference, and cook the food using Manual Cooking and check on it as it cooks. ➡ P. E-49

During Auto Cooking, food is undercooked or overcooked.

Perform zero-point adjustment of the Triple Weight Sensor. ➡ P. E-5

Reheating Rice

Rice is not heated using **1 Reheat**.
The doneness is uneven.

- Are you placing the rice in a plastic container and then heating it? Heat the rice using a ceramic/porcelain container (a bowl or the like).
- Heat with the rice placed in a container (a bowl or the like) of a size and weight that match the amount (weight) of the rice.
- When you reheat two to four servings at once, place the rice in containers of the same weight and size, arrange the containers around the center of the ceramic tray, and then heat.

Rice is too hotc using **1 Reheat**

- Are you using a container that is too large relative to the amount (weight) of rice?
- Reheat using **1 Reheat** and the doneness adjustment **M-LO**.
- You can cook food the way you like it by reheating using **My Menu**. ➡ P. E-29-E-31

Rice is not heated efficiently using **3 Steam Reheat**.

- Fill the water tank with water up to the Full line, and then heat.
- Place the rice in a container (a bowl or the like) and heat without covering it with plastic wrap or the like.

Rice is dry.

- Use **3 Steam Reheat**, or when you heat using **1 Reheat** at the doneness adjustment **M-LO**, spray water on the rice before heating to make it moist.

Frozen rice is not heated using **2 Defrost & Reheat**.
The doneness is uneven.

- Heat with the frozen rice placed on a container (a flat dish). When frozen rice is heated when it is just wrapped in plastic wrap without being placed on a container (flat dish), it will not heat well.
- Are you placing the rice in a plastic container and then heating it? This will result in insufficient and uneven heating.
- The size and weight of the container (flat dish) you use should match the amount (weight) of the frozen rice.
- When you freeze rice, divide it into single servings (about 150 g), and form square blocks that are two to three centimeters thick.
- When you heat two to four servings at the same time, place the same amount of rice in containers of the same size, arrange them around the center of the ceramic tray, and then heat them.

Frozen rice is too hot.

- Are you using a container that is too large relative to the amount (weight) of rice?
- Has the rice started to melt? Heat the rice immediately after taking it out of the freezer.
- You can cook food as you like it by reheating using **My Menu**. ➡ P. E-29-E-31

Reheating Milk

The milk is too hot.

- Is the amount (weight) of milk too small? When the amount of milk is less than half that of the container, reheat using **Microwave 600W**.
- Are you reheating lukewarm milk?
- Did you press the wrong button? The milk will be hot if you heat it using **1 Reheat**.

The milk is too hot.

- **5 Milk** registers the scale of doneness adjustment. Check the setting of the scale.
- You can heat milk as you like it by reheating using **My Menu**. ➡ P. E-29-E-31

The milk is lukewarm.

- Are you using a lightweight container relative to the amount (volume) of milk?
- Are you heating the milk as-is, in the store-bought carton? Heat the milk in a mug or the like.
- Check the scale set for the doneness adjustment.
- Heat with the milk placed in the center of the ceramic tray. When you heat two to four servings at once, make the amounts (volumes) about the same, arrange them around the center of the ceramic tray, and then heat them.
- You can heat milk as you like it by reheating using **My Menu**. ➡ P. E-29-E-31

Reheating Side Dishes

Food is not hot even if reheated.

- Are you simply reheating the food only, without using a container and **1 Reheat**? Place the food in a container of a size and weight that matches the amount (weight) of food, and reheat.
- Food will not heat if it is in a metal container or covered with aluminum foil.
- Are you heating the food with it placed in a plastic container? Plastic containers are too light, and will result in a short heating time being set.
- Place the food in the middle of the ceramic tray and heat it.
- Use the doneness adjustment that matches the food type and storage conditions (room temperature, chilled). ➡ P. E-21, E-23, E-27

The food becomes too hot when reheated.

- Are you using a container that is too large (heavy) relative to the amount (weight) of food? Use a container with a weight that matches the amount (weight) of food.
- Is the amount of food to be reheated too small? Make sure the weight is 100 g or more.
- Are you using Auto Cooking for additional heating of food that was heated to be lukewarm using Auto Cooking? For additional heating, use **Microwave 600W** or **Microwave 500W** and check on the food as it heats.
- Heat using **Microwave 600W** or **Microwave 500W**, and keep an eye on the food as it cooks.

Curry and stew are not heated.

- For foods with a certain thickness, cover the container with wrap and heat by setting the doneness adjustment to **M-HI** or **HI**.
- Mix after heating.

Frozen foods are not heated.

- Heat using **2 Defrost & Reheat**. ➡ P. E-26-E-27
- Are you simply heating the food only, without using a container? Place the food inside a container of a size and weight that match the amount (weight) of food, and then heat.
- Place the food in the middle of the ceramic tray and heat.

Defrost

Defrosting is insufficient, and food is hard.

- Defrost the food so that it ends up being semi-defrosted (70%–80% defrosted). After heating, let the food stand for three to five minutes to let it naturally defrost nicely.
- You need to set the doneness adjustment according to the food (meat, sashimi, and so on) and the intended use (whether you will cook the food immediately after defrosting, or eat the food raw). For sashimi, set the doneness adjustment to **LO**.
- Place the food in the middle of the ceramic tray and heat it.

When Food Does Not Turn Out Well (Continued)

The food boiled.	● Are you heating after filling the water tank with water? If food is heated with no steam being emitted, the food may be overcooked. ● Are you heating with the food placed on top of a plate? Heat with the food placed on top of a polystyrene foam tray. ● When the thickness and shape of the food are uneven, thin parts will easily become cooked. For fish and the like, wrap the tail with aluminum foil. ● When freezing, be sure to arrange the thickness of the food to be two to three centimeters. ● When heating, remove packaging such as plastic wrap. ● When defrosting two or more pieces of food at the same time, make sure that they are the same type and size of food. ● When defrosting sashimi, use 6 Defrost and set the doneness adjustment to LO.
------------------	--

Vegetables

Vegetables are not boiled well.	● Heat vegetables with them bundled in plastic wrap and placed directly in the center of the ceramic tray. ● If you heat a bundle of vegetables with a side with many layers of plastic wrap on top, the vegetables will not boil well. ● You can heat 100–500 g of leafy vegetables such as spinach, and 100–1,000 g of root vegetables such as potatoes. If the there are too few or too many, the vegetables will not boil well.
Leafy vegetables such as spinach are dry, or they are heated unevenly.	● Bundle leafy vegetables such as spinach in plastic wrap after you wash them, without draining the water from the vegetables. ● When you bundle vegetables in plastic wrap, alternate stalks and leafy parts, and wrap them tightly. If the wrapping is loose, or if the vegetables are spread out, they will not be heated
When you wrap fruit vegetables such as broccoli.	● Divide fruit vegetables such as broccoli into small clusters, arrange them in a single layer without any spaces between them, and wrap them tightly.
When root vegetables such as potatoes and carrots are being overheated.	● Place the vegetables in the center of the ceramic tray with the side where the ends of the plastic wrap overlap on the bottom. ● Auto Cooking cannot be used for food weighing less than 100 g. Use Microwave 500W and check on the food as it heats.
Potatoes were not heated sufficiently.	Do not remove the plastic wrap immediately after heating. Flip the potatoes over and let them stand for a while, to let them steam.

Bread

Butter rolls	The rolls do not rise well.	● Did the dough leaven sufficiently? If the surface of the dough is dry during leavening, add some moisture by misting the dough. ● Are you handling the dough roughly when you form the shape? Handle the dough gently.
	Rolls are not browning evenly.	If the sizes of the dough rolls differ, there will be unevenness when the rolls are baked.

• Toasting requires time

Sweets

Cake	The cake does not rise well.	● Did you beat the eggs well? ● Beat the eggs thoroughly so that you can make a stiff peak with the foam that drops from the end of the hand mixer or egg beater. → P. E-84 ● Did you mix the mixture too much after adding flour or butter?
	No matter how much the eggs are beaten, they do not foam well.	Eggs do not foam well when there is water or oil on the bowl used for beating them, or on the egg beater. Use fresh eggs.
	The mixture is lumpy, and clumps of flour remain.	● Did you sift the flour well while mixing it in? ● After adding the flour, mix steadily until the powder is blended in smoothly.
	The cake does not bake well.	● For information on the temperature and baking time when you bake using Manual Cooking, refer to Heating Times for Manual Cooking. → P. E-49 ● Bake the cake in a mold that is appropriate for its weight.

Cookies	The color is uneven after baking.	● Make sure that you divide the batter into portions of about the same size and thickness.
Cream puffs	The cream puffs do not rise well.	● Did you measure the weight correctly? ● Refer to the information on how to make cream puffs → P. E-85 . When you heat the butter and water in Step 2, be sure to boil the mixture thoroughly.
	The sizes are uneven.	● Did you squeeze out the dough in the same size portions? If the amounts of dough differ, there will be unevenness when the cream puffs are baked.

Others
● Grilled whole fish with intact internal organs cannot be grilled efficiently. ● It takes longer to grill toast using the oven than using a toaster.

Troubleshooting

Situation		Cause
Does not function	The power does not turn on. The oven does not respond, even when 1 Reheat is pressed. The oven does not respond, even when any button is pressed. The oven does not heat.	● Has the plug come out of the electrical outlet? ● Is there a blown fuse in the fuse box, or is the breaker thrown? ● Is 0 shown in the display area? If nothing is displayed, open and close the door. 0 is displayed. (The Standby Power Zero Watt function is operating.) → P. E-2 ● Is the door closed firmly? ● Does the oven function normally after reopening and reclosing the door? ● Does the oven function normally if you switch the breaker off and on, and open and close the door?
	The food is not heated at all.	After pressing the Cancel key, are only M and 0 shown in the display area? The store use mode has been set. Press Cancel three times and Start/Reheat once. After repeating this operation three times, the M in the display area disappears and food can be heated.
	There is no steam.	● Is there water in the water tank? ● Is the room temperature low? The water path may be frozen. ● If you continuously use water with a high concentration of calcium, a chalky substance builds up in the steam boiler, and steam may not be emitted. Ask the Service Center to repair the oven.
Noise · Sparks · Smoke · Foreign matter	There is a clicking sound during heating.	This is the sound that is produced when the microcomputer switches between the microwave and heater, and so on.
	There is a static-like sound during heating.	This is the sound of the inverter functioning.
	There is a sharp popping sound during microwave heating.	This is the sound of bursting drops of water, which had adhered to the contact surface of the door and oven cavity.
	There is a hollow popping sound during oven and grill heating.	Due to the high temperatures involved, there may be some cases where you hear the sound of the oven cavity expanding, but this is not a malfunction.
	There are noises when using steam.	This is the sound of the air when water is absorbed from the water tank.
	Some time after cooking is complete, there is a clicking sound.	This is the sound of the standby power turning off, which occurs when 10 minutes have passed after closing the door after cooking is complete.
	There was smoke from the oven cavity during oven heating.	Are the walls in the oven cavity dirty? Are there food crumbs or the like on the walls? Wipe them off with a well-wrung wet dishcloth.
	The completion sound changes, or the sound turns off.	Open and close the door to show 0 in the display area, then press Healthy , and press Cup/Plate Sensing for three seconds to switch between the melody sound and buzzer sound. In the same way, after pressing Healthy , press My Menu for three seconds to switch between the melody sound and no sound. → P. E-21

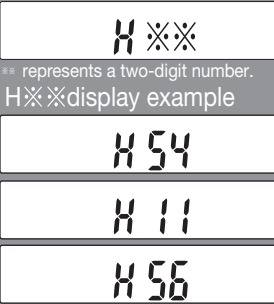
Troubleshooting

Situation		Cause
Noise · Sparks · Smoke · Foreign matter	When the power plug is plugged in, there is a clicking sound or sparks.	This is for charging the power circuit, and is not a malfunction.
	There are sparks when using the microwave.	●Are you using the metal tray by mistake? ●Did you place aluminum foil on the rack? ●Are you using aluminum foil and heating food? ●Are the walls of the oven cavity, door glass, or the like in contact with aluminum foil or metal cooking goods? ●Are there food crumbs, or the like on the walls of the oven cavity or ceramic tray?
	There was smoke when using the oven for the first time.	The oven cavity is coated with oil to prevent rusting. When you use the oven for the first time, run the oven empty to burn off the oil. →P. E-5
	If smoke occurs during cooking.	Leaving scraps of food, splattered oil, and the like in the oven cavity may cause it to smoke during cooking. Always clean the over after cooking.
	A residue of white matter is encrusted on the steam outlet.	The components of the white matter are what remain when the minerals contained in tap water (calcium and magnesium) evaporate. The minerals are not harmful. Wipe them off using a well-wrung wet dishcloth.
	The fan can be heard even after cooking is complete.	After cooking is complete (when the total cooking time is 10 minutes or longer) or when  is pressed, in some cases the fan may run for about 10 minutes in order to cool down electrical components, but this is not a malfunction.
Drops of water · Oven lamp · Heater	During heating, the display area and door become cloudy, and drops of water fall.	Depending on the menu option, the moisture from the food becomes water vapor, and the display area and the inside of the door may become cloudy, but this is not a malfunction. When dew forms on the inside of the door and drops of water fall to the floor, wipe them up with a dishcloth.
	There are drops of water on the inside of the oven cavity.	Due to steam cooking and depending on the menu option, the water vapor that is emitted from the food adheres to the inside of the oven cavity as drops of water, or accumulates on the bottom of the oven cavity. Wipe the drops of water off frequently. →P. E-50
	The oven lamp turns off during oven preheating.	During preheating, the oven lamp is turned off in order to save energy. Press  during Oven preheating in order to light the oven lamp for five seconds.
	There are times when the brightness of the oven lamp changes.	During intermittent operation, the brightness of the oven lamp may change. This is not a malfunction.
	There are times when the convection heater glows, and times when it does not glow.	To make the temperature in the oven cavity constant, the power distribution of the convection heater is intermittent.
Settings	Sometimes it is not possible to set the temperature to 250°C.	When the oven cavity is hot, the maximum temperature that can be set (preheat No) is 230°C.
	There are times when the set temperature changes.	During Oven heating (preheat Yes), the operation time at 250°C is about five minutes. Afterwards, the temperature automatically switches to 230°C.
	Display of the oven cavity temperature during preheating increases or decreases by 10°C—20°C. In addition, there is also an intermittent sound.	The temperature display changes until the oven cavity temperature stabilizes. This is not a malfunction. Because the convection heater runs intermittently during preheating, you may hear intermittent sounds, but this is not a malfunction.
	Preheating ended before the specified preheat temperature was displayed.	Preheating may end before the set temperature is displayed, due to the impact of the room temperature, power supply voltage, and so on. In addition, when 45 minutes pass after preheating has started, preheating stops. When preheating stops and the oven is left as-is, preheating continues for 10 more minutes and then the oven heats for the specified

Troubleshooting (Continued)

Situation		Cause
Settings	The time remaining changed during heating.	During Auto Cooking, the remaining heating time may change during heating in order to make the food cook efficiently.
	Heating is cancelled when the door is opened.	When the door is opened when a remaining heating time is not displayed in Auto Heating, heating is cancelled.
Display	The Refill Water display on the control panel lights up, and food is not cooked well using the steam menu.	This is because there is no water in the water tank. Refill the tank with water. After about one to two minutes, the Refill Water display is cleared. Even if you refill the water tank with water, there may be some cases where the Refill Water display is not cleared in Auto Cooking.
Other	Whether or not superheated steam is being emitted is not clear.	As the food is heating based on the combined use of the oven and grill, the temperature inside the oven is hot, and the superheated steam particles are extremely fine.
	There is some steam leaking from the door.	A small amount of steam may be emitted, but this is not abnormal.
	The amount of water in the water tank does not decrease.	The decrease in the amount of water in the water tank differs depending on the menu option.

When Notices Are Displayed

Display Examples	Cause · Content of Notice	How to Resolve
	●The method for zero-point adjustment of the Triple Weight Sensor is wrong.	Place only the ceramic tray in the oven, close the door, and press  . After a few seconds, 0 is displayed and zero-point adjustment is complete. →P. E-5
	●The door was opened during adjustment of the Triple Weight Sensor.	Close the door and press  . After a few seconds, 0 is displayed and zero-point adjustment is complete.
	●The ceramic tray is not inserted.	Place only the ceramic tray in the oven, close the door, and press  . After a few seconds, 0 is displayed and zero-point adjustment is complete. →P. E-5
	●There is too much food for 6 Defrost .	Make sure the amount of food to be defrosted is from 100—1,000 g. →P. E-33
	●The door was opened during container sensing for My Menu.	Close the door and press  . Container sensing is completed in about six seconds. →P. E-29
	●There is no water in the water tank.	Fill the water tank with water. →P. E-17
	●Operation is stopped when an abnormality in the machinery is detected or when there is temporary malfunction arising from the effect of external electrical noise and the like. ●Parts malfunction display.	Press  . (The H** display is cleared.) Alternately, pull out the power plug, plug it in again, open and close the door, and turn the power on once more.

In cases where conditions are not restored to normal or the same display is shown, pull out the power plug, and ask the Service Center to repair the oven.

About healthy cooking

Recipes marked with  can be made with the Auto Cooking function

 **Low-fat, low-salt recipes**

You can remove excess fat and salt with superheated steam technology.
Many dishes can be prepared in a healthy recipe version.

Gram equivalents for standard cup, teaspoon, and table measurements	E-59
Gratin/Lasagna	
● Macaroni gratin	E-60
White sauce	
● Lasagna	E-60
Skewered chicken	
● Skewered chicken	E-61
Roast chicken	
● Roast chicken	E-61
Gravy	
Manual cooking (meat)	
Roast beef	E-62
Spare ribs	E-62
Roast pork	E-62
Healthy fried shrimp	
● Healthy fried shrimp	E-63
Fried bread crumbs	
Grilled chicken with herbs	
● Grilled chicken with herbs	 E-63
Chicken teriyaki	
● Chicken teriyaki	 E-64
Fried chicken	
● Fried chicken	 E-64
Hamburg steak	
● Hamburg steak	 E-65
Manual cooking (fish)	
Salmon Meunière	E-65
Manual cooking (vegetables)	
Oven-grilled vegetables	E-66
Hungarian potatoes	E-66
Stuffed tomatoes	E-66
Chinjao Rosu	
● Stir-fried beef and peppers	E-67
(Chinjao Rosu)	
Baked potato	
● Baked potato	E-67
● Baked sweet potato	E-67
Cabbage rolls	
● Cabbage rolls	E-68
Chawanmushi	
● Chawanmushi	E-68
Steamed whitefish	
● Steamed whitefish	E-69
● Cabbage-wrapped dumplings	E-69

Soup	
Vegetable soups	
Squash soup	E-70
Carrot soup	E-70
Green pea soup	E-70
Potato soup	E-70
Minestrone	E-70
Rice	
Cooked rice	E-70
Quick bread	
● Quick bread	E-71
● Raisin bread	E-71
French bread	
● French bread	E-72
Bâtard, Coupé	
Pizza	
● Crispy pizza (Margherita pizza)	E-73
Cooking prepared store-bought pizza	
Homemade bread	
Butter rolls	E-74
Dome-shaped Bread	E-74
Homemade preserves	
Strawberry preserves	E-75
Blueberry preserves	E-75
Orange preserves	E-75
Coconut preserves	E-75
Kiwi preserves	E-75
Sponge cake	
● Decorative cake (sponge cake)	E-76
● Cheesecake	E-77
Manual cake	
Chiffon cake (plain)	E-77
Roll cake (plain)	E-78
Mocha roll cake	E-78
Green tea roll cake	E-78
Madeleine cookies	E-78
Pound cake (plain)	E-79
Desserts	
Baked apples	E-80
Apple compote	E-80
Coffee jelly	E-80
Cut cookies	E-81
Pressed cookies	E-81
Almond cookies	E-81
Apple pie	E-82
Apple preserves	E-82
Brownies	E-83
Muffins	E-83
Scones	E-83
Desserts (Superheated Steam Oven)	
Soft pudding	E-84
Steamed bread	E-84

Healthy recipes show .  P. E-63-E-65

Cream puffs

Cream puffs	E-85
Custard cream	E-85

Breakfast combos

Toast (plain)	E-86
Pizza toast	E-86
French toast	E-86
Fried eggs	E-87
Scrambled eggs	E-87
Bacon wrapped Vienna sausages	E-87
Tuna-topped tomato	E-87

Homemade foods (meat)

● Homemade sausage	E-87
● Homemade ham	E-88
● Beef jerky (plain)	E-88

Homemade foods (fish)

● Salmon terrine	E-89
------------------	------

Homemade foods (fruits and vegetables)

● Dried herbs and spices	E-89
Celery, parsley, orange peel, dill, chervil, thyme, sage, peppermint	
● Dried fruit	E-89
Bananas, apples, kiwi, blueberries, grapes, strawberries, pineapple	

Homemade foods (yogurt)

Yogurt	E-90
--------	------

Crispy cooking (chilled)

[Chilled foods]	
● Hamburg steak, chicken steak	E-91
[Frozen prepared foods]	
● Frozen Hamburg steak	E-91

Leafy vegetables and root vegetables

● Italian salad	E-92
● Vinegared cabbage	E-92
● Potato salad	E-92

Steam reheating

● Reheating rice	92
● Reheating side dishes	92

Beverages and instant foods

● Hot chocolate	E-93
● Warm milk	E-93
● Instant foods	E-93
Ramen, other instant noodles, curry, rice bowl toppings, rice dishes	

Asia & Middle-East Specialty

Spicy Prawn Rolls	E-94
Spicy Fish Grilled in Banana Leaves	
(Otak-Otak Panggang)	E-94
Glutinous Rice Dumpling with Pork Filling	
(Kuih Chang Babi)	E-95
Stewed Vegetable Nyonya Style	
(Chap Chye Masak Titik)	E-96
Fish in Spicy Tamarind Gravy	
(Asam Gulai)	E-96
Chicken in Rich Spicy Gravy	
(Ayam Kleo)	E-97
Beef Rendang	E-97
Spicy Shrimp Soup	
(Tom Yam Goong)	E-98
Won Ton Soup	E-98
Flat Rice Noodles Roll	E-99
Baked Crab with Vermicelli in Clay Pot	E-99
Pork in Crystal Balls	E-99
Steamed Puffer with Pickled Plum	E-100
Soft Rice and Pork Ribs	E-100
Honey Roasted Pork Spare Ribs	E-100
Cassertyole Duck Thai Style	E-101
Chicken Drum Stick Panang	E-101
Masala Chicken	E-101
Fish Kabsa	E-102
Spicy Bean Soup	E-102
Stuffed Zucchini	E-103
Lebanese Meatballs	E-103
Lamb with Green Herbs	E-103

This table provides the gram (weight) equivalents for the cup, teaspoon, and tablespoon measurements used in this Cooking Guide.

Gram equivalents for standard cup, teaspoon, and tablespoon measurements (1mL=1cc)

Ingredient	Measurement	Tsp (5 ml)	Tbsp (15 ml)	Cup (200 ml)	Ingredient	Measurement	Tsp (5 ml)	Tbsp (15 ml)	Cup (200 ml)
Water, vinegar, sake		5	15	200	Tomato purée		5	15	210
Soy sauce, mirin (sweet cooking wine), miso paste		6	18	230	Worcestershire sauce		6	18	240
Salt		6	18	240	Mayonnaise		4	12	190
Sugar (baker's sugar), starch		3	9	130	Grated Parmesan cheese		2	6	90
Flour (cake flour)		3	9	110	Fresh cream		5	15	200
Flour (bread flour)		3	9	110	Oil, butter, lard		4	12	¹⁸⁰ (Lard: 170)
Bread crumbs		1	3	40	Cocoa		2	6	90
Powdered gelatin		3	9	130	White rice		—	—	160
Ketchup		5	15	230	Cooked rice		—	—	120

■ Heating times: [Approx. 5 min.]: Heat for about five minutes [5–10 min.]: Heat for around five or ten minutes.
■ Heating times are based on room-temperature food ingredients.
■ The milliliters (ml) used in the recipe book are equivalent to 1 cc.
■ Photos show the dishes prepared and ready to serve.

• The  shown in the recipes indicates Auto Cooking, while , , and  indicate Manual Cooking functions.

Gratin

Auto Cooking

Microwave 700 W

Approx. 4 min. 30 sec.
(Preparation)

Start Reheat

15 Gratin/Lasagna

→P.E-35

Rack
Ceramic tray

Water tank
Empty

Macaroni Gratin



Ingredients (serves 4)

80 g macaroni

A

100 g chicken thighs (cut into 1-cm cubes)

8 shrimp (shelled and deveined, tails removed, cut in half) (100 g)

1/2 white onion (sliced thin) (100 g)

1 small can sliced mushrooms (50 g)

25 g butter

Dash of salt and pepper

3 cups white sauce

80 g cheese (shredded and/or grated to taste)

Directions

① Boil and drain the macaroni. Add a small amount of salad oil.

② Combine A in a medium bowl. Heat the oven by pressing **Microwave** [700W], and entering **Approx. 4 min. 30 sec.**. Combine with cooked macaroni.

③ Add half of the white sauce to ②.

④ Divide ③ into gratin dishes coated with a small amount of butter. Cover with the remaining white sauce and sprinkle with cheese.

⑤ Place the gratin dishes on top of the rack, and then set the rack on the ceramic tray. Press **15 Gratin/Lasagna** to cook.

Manual Cooking (Microwave Heating) →P.E-38

CAUTION

Certain ingredients may splatter or burst when cooked.
If you use squid, be sure to make cuts throughout the meat before cooking. Do not use whole mushrooms.

White sauce

Directions

① Combine flour and butter in a medium bowl. Heat in the oven by pressing **Microwave** [600W]. Whisk until thoroughly mixed.

② Slowly add milk to dilute the mixture. Heat in the oven by pressing **Microwave** [600W], stirring occasionally.

Manual Cooking (Microwave Heating) →P.E-38

Total amount	1 cup	2 cup	3 cup
Ingredients	Milk	200mL	400mL
	Flour (cake flour)	20g	30g
	Butter	30g	40g
	Salt and pepper	Dash	Dash
Step ①	Heat butter and flour	Approx. 1 min.	Approx. 2 min.
	Microwave [600W]	10 sec.	40 sec.
Step ②	Add milk and heat	2–4 min.	5–7 min.
	Microwave [600W]		9–11 min.

Hints for using the 15 Gratin/Lasagna function

●Number of servings

Makes 1–4 individual gratin dishes, or several servings in a single large dish.

●Dishware

Do not use metal dishware. Dishes should be heat-resistant ceramic, porcelain, or glass gratin dishes.

●Arranging gratin dishes for cooking

Arrange the gratin dishes on the rack according to the figures shown below. Place the unit on the ceramic tray on the bottom of the oven cavity.

Arrange 4 dishes like this

Move 3 dishes towards the center

Move 2 dishes towards the center

Place 1 dish in the center

●If the mixture cools before it is cooked

The sauce and ingredients should be cooked while they are still warm. If they cool before cooking, set the oven to **Microwave** [500W] and heat them to a lukewarm temperature (about 40°C) before cooking. →P.E-38

●Color variations

The thickness of the white sauce, type of cheese used, and manufacturer of the ingredients will affect the color of the gratin once it is cooked.

●If the gratin is undercooked

Use the following functions to continue cooking the gratin, checking it often: **Oven**, [1 Level], [210°C] with **Preheat No.** →P.E-44

●If the gratin is cooking unevenly

When there are 3–5 minutes of cooking time left, reverse the direction of the gratin dishes and finish cooking.

●Do not use the 15 Gratin/Lasagna function to cook frozen gratin

Arrange the frozen gratin on top and remove the ceramic tray. Insert the metal tray in the **mid rack** and press **Oven**, [1 Level], [210°C], [34–46 min.] with **Preheat No.** to cook.

Lasagna



Ingredients (one 20 x 20 x 5 cm baking dish)

6 dried lasagna noodles (100 g)

1 can meat sauce (300 g)

3 cups white sauce (Ingredients and directions →P.E-60)

120 g shredded cheese

Directions

① Boil the lasagna noodles in a large pot until pliable but firm. Remove from pot, immerse in cool water, and drain.

② Layer white sauce, ①, and meat sauce 3 or 4 times in a baking dish coated with a small amount of butter. Top with cheese.

③ Place ② in the center of the rack, and then set it on the ceramic tray. Press **15 Gratin/Lasagna** to cook.

Skewered chicken

Auto Cooking

Microwave

Oven Superheated

Steam Grill

Start Reheat

16 Yakitori

→P.E-35

Rack
Ceramic tray

Water tank
Full

Skewered chicken (Yakitori)



Ingredients (12 skewers)

A

2 chicken thighs (250 g each, cut into bite-size pieces)

2 green onions (cut into 4–5 cm pieces)

12 shishito peppers (seeded)

1/2 cup soy sauce

B

1/4 cup mirin (sweet cooking wine)

2–3 tbsp sugar

1 tbsp salad oil

Directions

① Fill the water tank to the full line, and insert it into the main unit.

② Combine the ingredients in B, then add the ingredients in A to the mixture. Let sit for 30 minutes to an hour, turning over occasionally. Arrange the marinated meat and vegetables alternately on wooden skewers.

③ Place ② in the center of the rack, and set it on the ceramic tray. Press **16 Yakitori** to cook.

Hints for using the 16 Yakitori function

●Number of serving

The unit can grill 6–12 skewered chickens at a time.

●Do not use metal skewers

Metal skewers may cause sparks and/or burns during the microwave cycle if they come in contact with the rack. Use medium-length wooden skewers instead.

●If you do not want to get the ceramic tray dirty

If you do not want to get the ceramic tray dirty, cover it with a cooking sheet. Do not use aluminum foil, as it can cause sparks.

●If the skewers are underdone

Use the **Grill** function to manually cook the skewers, checking them often. →P.E-41

Roast Chicken

Auto Cooking

Oven Superheated

Steam

Start Reheat

17 Roast Chicken

Preheat Yes

→P.E-37

Metal tray
Bottom Ceramic tray

Water tank
Full

Roast Chicken



Ingredients (1 whole chicken)

1 whole chicken (about 1.2 kg, innards removed)

1/2 lemon

2 tsp salt

Dash of pepper

100 g each carrot, white onion, celery (cut into 1-cm pieces)

Salad oil as needed

Directions

① Fill the water tank to the full line, and insert it into the main unit.

② If the neck is still attached to the chicken, remove it at the base, leaving the skin behind. Rub the entire chicken with the cut lemon. Wash the chicken thoroughly and pat dry. Rub with salt and pepper.

③ Arrange the chicken by bringing the wings together at the back of the chicken and placing it breast-side up. Tie the legs together with cotton cooking string.

④ Spread the cut vegetables on the metal tray. Place the chicken breast-side up on the vegetables and coat lightly with salad oil.

⑤ Press **17 Roast Chicken** to preheat.

⑥ When the beep sounds indicating that preheating is complete, place ④ on the **bottom rack** and cook.

Gravy

Ingredients/Directions

Once the chicken is done cooking, transfer the vegetables and juices in the super grill tray unit to a saucepan. Add broth (one cup dissolved bouillon powder) and simmer to reduce. Strain through a cloth, and then add salt and pepper.

Hints for using the 17 Roast Chicken function

●The unit can cook one 1.2-kg chicken at a time.

●If you do not want to get the metal tray dirty, cover it with a cooking sheet. Do not use aluminum foil, as it can cause sparks.

●If the chicken is undercooked, press **Oven**, [1 Level], [220°C] with **Preheat No.** to cook, checking often. →P.E-44

If the oven cavity is soiled with oil after cooking

Use the **26 Deodorizing** function to clean the oven. Refer to Removing Unwanted Smells (Deodorization) on →P.E-51

Manual Cooking (Meat)

Manual Cooking

Manual Select

Start Reheat

Oven

220°C

(Preheat No, 1 Level)

40–50 min.

→ P.E-44

Metal tray

Bottom

Water tank

Empty

Manual Cooking

Manual Select

Start Reheat

Oven

210°C

(Preheat No, 1 Level)

42–46 min.

→ P.E-44

Metal tray

Mid

Water tank

Empty

Manual Cooking

Manual Select

Start Reheat

Oven

200°C

(Preheat No, 1 Level)

70–80 min.

→ P.E-44

Metal tray

Bottom

Water tank

Empty

Roast Beef



Ingredients (serves 5–6)

800 g whole beef shank

Dash of salt and pepper

1 clove garlic (grated)

½ tsp salad oil

Directions

① Sprinkle meat with salt and pepper. Coat with the grated garlic. Loop cotton cooking string around the roast to keep it secure and coat lightly with salad oil.

② Place the prepared ① on the center of the metal tray. Remove the ceramic tray. Place the metal tray on the **bottom rack**. Press **Oven**, **1 Level**, **220°C**, **40–50 min.** with **Preheat No** to cook.

③ Wait until the roast is sufficiently cooled before removing the string and cutting into thin slices. Serve with vegetables as desired.

[Tips]

• Completely cooling the roast in the refrigerator before slicing will make it easier to cut and also locks in flavor.

Spare Ribs



Ingredients (serves 4)

800 g spare ribs (6–8 ribs)

Dash of salt and pepper

②

2 tsp ketchup

1 tbsp Worcestershire sauce

3 tbsp red wine

1 tbsp soy sauce

④

¼ tsp tobanjan (Chinese spicy bean sauce)

½ small clove garlic (grated)

¼ tsp salt

Dash of pepper and nutmeg

Directions

① Cut the ribs about two-thirds of the way through along the bone. Sprinkle with salt and pepper. Combine the ingredients in ④ and use the mixture to marinate the ribs in the refrigerator for about half a day, turning occasionally.

② Cover the metal tray with aluminum foil or a cooking sheet. Arrange the marinated ribs on top and remove the ceramic tray. Insert the metal tray in the **mid rack** and press **Oven**, **1 Level**, **210°C**, **42–46 min.** with **Preheat No** to cook.

Manual Cooking (Oven Heating: Preheat No)

→ P.E-44

Roast Pork



Ingredients (serves 3–4)

500 g whole pork shoulder

①

1 knob of ginger (chopped)

½ green onion (chopped)

4 tbsp each soy sauce and sake

②

½ tsp each sugar and bean paste

Directions

① Loop cotton cooking string around the meat to keep it secure. Put it in a sealable plastic bag with the ingredients listed in ④. Marinate in the refrigerator for half a day.

② Drain excess liquid of ①. Place it in the center of metal tray covered with aluminum foil or cooking sheet. Insert the metal tray in the **bottom rack**.

③ Press **Oven**, **1 Level**, **200°C**, **70–80 min.** with **Preheat No** to cook.

④ Remove the string and cut into thin slices. Arrange on a plate and serve.

Healthy Fried Shrimp

Auto Cooking

Start Reheat

Oven

Superheated Steam Grill

18 Healthy Fried Shrimp

→ P.E-35

Rack

Ceramic tray

Water tank

Full

Healthy Fried Shrimp



Ingredients (12 shrimp)

12 shrimp (tiger shrimp)

2 tbsp flour (cake flour)

1 egg (beaten)

Dash of salt and pepper

④

Fried bread crumbs (prepare by combining 60 g bread crumbs with a generous tbsp of olive or sunflower oil)

Small amount of fresh parsley (chopped)

Directions

① Fill the water tank to the full line, and insert it into the main unit.

② Peel and devein the shrimp, leaving the tails and last joint of the shell. Combine with ④.

③ Sprinkle the breaded shrimp with salt and pepper, coat with flour, dip in beaten egg, and then combine with ④.

④ Place the shrimp in the center of the rack. Place the rack on the ceramic tray and press **18 Healthy Fried Shrimp** to cook.

Fried Bread Crumbs

Heat some olive or sunflower oil and bread crumbs in a skillet. Roast over medium heat, taking care to shake the skillet often so that the mixture does not burn.



Grilled Chicken with Herbs

Auto Cooking

Start Reheat

Microwave Oven

Superheated Steam Grill

28 Grilled Chicken with Herbs

→ P.E-35–E-36

Rack

Ceramic tray

Water tank

Full

Grilled Chicken with Herbs



Ingredients (serves 3–4)

2 chicken breasts or thighs (with skin) (500g)

④

Dash of salt and pepper

Dash each of assorted herbs (thyme, rosemary, marjoram, etc.) (dried or fresh)

Directions

① Fill the water tank to the full line, and insert it into the main unit.

② Use a fork to poke holes in the skin of the chicken. Make shallow cuts in the thicker portions of the meat. Sprinkle with ④.

③ Set the herbed chicken pieces skin side up on the rack and set it on the ceramic tray. Press **28 Grilled Chicken with Herbs** to cook.

Hints for using the **18 Healthy Fried Shrimp** function

● **Number of servings**

You should only cook between 80–130% of the amount of shrimp indicated in the recipe at one time.

● **If the shrimp is underdone**

Press **Oven**, **1 Level**, **180°C**, with **Preheat No** to cook, checking them often. → P.E-44

● **Do not use oil**

Use fried bread crumbs for the batter.

● **Make the ingredients the same size**

Try to cut the ingredients in equally sized pieces. Cut into approx. five-millimeter pieces for vegetables such as squash and sweet potato.

Grilled Chicken with Herbs (2 pieces)

Reduces calories by **about 291***1

Healthy recipe calories **840***2

*1 Traditional preparation vs. healthy recipe calories

*2 Number of calories after cooking using the healthy recipe (Hitachi data)

Hints for using the **28 Grilled Chicken with Herbs** and **29 Chicken Teriyaki** functions

● Be careful not to tip the ceramic tray when removing it after cooking. It may contain hot fat and juices from the chicken.

● Cover the ceramic tray with paper towel and reheat. It prevents spilling of the hot fat and juices on the ceramic tray when removing.

● Only cook 1–3 pieces of chicken at a time

When cooking three chickens with **29 Chicken Teriyaki**, set doneness adjustment to **Low**.

● If you do not want to get the ceramic tray dirty, cover it with a cooking sheet. Do not use aluminum foil, as it can cause sparks.

● If your chicken is undercooked, use the **Grill** function to manually cook it, checking it often. → P.E-41

Chicken Teriyaki

Fried Chicken

Auto Cooking

Start Reheat

29 Chicken Teriyaki

→P.E-35-E-36

Microwave Oven Superheated Steam Grill

Rack Ceramic tray

Water tank Full

You can also select the healthy recipe. See →P.E-36

Chicken Teriyaki (2 pieces)

Reduces calories by about 389*1

Healthy recipe calories 742*2

*1 Traditional preparation vs. healthy recipe calories
*2 Number of calories after cooking using the healthy recipe (Hitachi data)

Chicken Teriyaki



Ingredients (serves 3–4)

2 chicken breasts or thighs (with skin) (500g)

A

2 tbsp soy sauce

1 tbsp mirin (sweet cooking wine)

1 tsp sugar

Dash of ginger juice

Directions
① Fill the water tank to the full line, and insert it into the main unit.
② Use a fork to poke holes in the skin of the chicken. Make shallow cuts in the thicker portions of the meat. Marinate in A for 30 minutes to an hour.
③ Set the marinated chicken pieces skin side up on the rack and set it on the ceramic tray. Press **29 Chicken Teriyaki** to cook.

Auto Cooking

Start Reheat

30 Fried Chicken

→P.E-35-E-36

Microwave Oven Superheated Steam Grill

Rack Ceramic tray

Water tank Full

You can also select the healthy recipe. See →P.E-36

Fried Chicken



Ingredients (12 pieces)

2 chicken thighs (about 250 g each)

A

2 tbsp soy sauce

1 1/2 tbsp sake

1 1/2 tsp ginger (grated)

1 1/2 tsp garlic (grated)

Dash of pepper

1 tsp starch

Directions
① Fill the water tank to the full line, and insert it into the main unit.
② Cut each chicken thigh into 6 equal chunks. Combine the ingredients in A and add them to the chicken. Marinate for at least 15 minutes.
③ Remove the chicken pieces from the marinade. Put them in a sealable plastic bag with the starch and toss together to coat.
④ Shake excess starch from the chicken pieces. Set the marinated chicken pieces skin-side up on the rack and set the unit on the ceramic tray. Press **30 Fried Chicken** to cook.

Fried Chicken (12 pieces)

Reduces calories by about 151*1

Healthy recipe calories 903*2

*1 Traditional preparation vs. healthy recipe calories
*2 Number of calories after cooking using the healthy recipe (Hitachi data)

Hints for using the **30 Fried Chicken** function

●Number of servings

You should only cook between 80–130% of the amount of chicken indicated in the recipes.

●Use only a small amount of starch

Since the recipe does not use oil, only a small amount of starch is needed. Too much starch will leave clumps on the cooked chicken.

●Using bone-in chicken

If you are using chicken with bones, use the **[HI]** setting.

●Using store-bought fried chicken mix

You can use store-bought fried chicken mix as a convenient substitute for A and starch. Follow the manufacturer's directions to determine the appropriate amount of mix to use.

●If you do not want to get the ceramic tray dirty

If you do not want to get the ceramic tray dirty, cover it with a cooking sheet. Do not use aluminum foil, as it can cause sparks.

●If the chicken is underdone

Use the **[Grill]** function to manually cook the chicken, checking it often. →P.E-41

Hamburg Steak

Auto Cooking

Start Reheat

27 Hamburg Steak

→P.E-35-E-36

Microwave 700 W Approx. 2 min. (Preparation)

Superheated Steam Grill

Metal tray Mid Ceramic tray

Water tank Full

You can also select the healthy recipe option. See →P.E-36

Hamburg Steak



Ingredients (serves 4)

A

1/2 medium onion (diced) (100 g)

15 g butter

300 g ground beef and pork mixture

3/4 cup (30 g) bread crumbs

3 tbsp milk

1 egg (beaten)

1/2 tsp salt

Dash of pepper and nutmeg

Add ketchup and Worcestershire sauce to taste

Directions
① Fill the water tank to the full line, and insert it into the main unit.
② Combine A in a heat-resistant bowl. Heat in the oven by pressing **[Microwave]** **[700 W]**, and entering **[Approx. 2 min.]**. Let cool slightly before adding to B. Divide into 4 equal portions.
③ Coat your hands with a small amount of salad oil. Form oblong patties with the mixture in ② and remove air bubbles from the patties. Make a dent in the middle of each patty.
④ Cover the metal tray with aluminum foil or a cooking sheet and arrange the patties on top. Insert the metal tray in the **mid rack**. Press **27 Hamburg Steak** to cook.

Hamburg Steak (4 patties)

Reduces calories by about 463*1

Healthy recipe calories 733*2

*1 Traditional preparation vs. healthy recipe calories
*2 Number of calories after cooking using the healthy recipe (Hitachi data)

Hints for using the **27 Hamburg Steak** function

●Number of servings

Makes 4–6 patties

●Making the patty mix

Mix well, making sure the mixture does not become sticky. Removing air bubbles before shaping the patties will give you soft, plump Hamburg steaks.

●Shaping the patties

Making a dent in the center of the patties will help them cook thoroughly and evenly, and prevent the center from bulging out once they are done.

●If the patties are underdone

Use the **[Grill]** function to manually cook the Hamburg steaks, checking them often. →P.E-41

●Using a food chopper or processor to make the patty mixture

Refer to the user's manual that comes with the food chopper or processor.

Manual Cooking (Fish)

Manual Cooking

Manual Select

230°C

23–30 min.

→P.E-44

Start Reheat

Metal tray Mid

Water tank Empty

Salmon Meunière



Ingredients (4 pieces)

4 pieces raw salmon (about 100 g each)

Dash of salt and pepper

3 tbsp flour (cake flour)

20 g butter (melt by pressing **[Microwave]** **[200W]**, and entering **[Approx. 1 min.]**) →P.E-38

Tartar sauce to taste

Use the ceramic tray when cooking with the microwave heating function.

Directions
① Sprinkle the salmon pieces with salt and pepper, then dust with flour.
② Cover the metal tray with aluminum foil. Coat with a small amount of salad oil, and then arrange the salmon on top. Pour the melted butter over the salmon. Remove the ceramic tray and insert the metal tray in the **mid rack**. Press **[Oven]**, **[1 Level]**, **[230°C]**, **[23–30 min.]** with **[Preheat No]** to cook. Manual Cooking (Oven Heating: Preheat No) →P.E-44

CAUTION

●Use a fan when smelling.

●Steam or smoke may appear from the door, but this is not a malfunction

Manual Cooking (Vegetables)

Manual Cooking

Manual Select

Start Reheat

Oven

(Preheat No, 1 Level)

230°C

25–30 min.

→P.E-44

Metal tray

Mid

Water tank

Empty

Oven-grilled Vegetables



Ingredients (4 servings)
500 g assorted vegetables (squash, broccoli, red/yellow peppers, jicama, eggplant, asparagus, mushrooms, cherry tomatoes, cauliflower, potatoes, etc.)
Dash of salt and pepper
1 tbsp each olive oil and water

Directions
① Cut the vegetables into bite-size pieces or thin slices. Sprinkle with salt, pepper, olive oil, and water. Cover the metal tray with a cooking sheet and arrange the vegetables on top.
② Remove the ceramic tray and insert the metal tray in the **mid rack**. Press **Oven**, **1 Level**, **230°C**, **25–30 min.** with **Preheat No** to cook.
Manual Cooking (Oven Heating: Preheat No)
→P.E-44

Manual Cooking

Manual Select

Start Reheat

Oven

(Preheat No, 1 Level)

230°C

20–25 min.

→P.E-44

Metal tray

Mid

Water tank

Empty

Hungarian Potatoes



Ingredients
(one 21-cm diameter baking dish)
3 medium potatoes (450 g)
1 tomato (heated and peeled, then cut into 1-cm chunks) (150 g)
1 onion (sliced thin) (200 g)
40 g butter
Dash of salt and pepper
50 g cheese (shredded and/or grated to taste)

Directions
① Peel the potatoes and cut into thin 2–3 mm slices. Rinse and cover in plastic wrap. Press **9 Root Vegetables** and set the doneness adjustment to **LO** to cook.
② Cover the sliced onion in plastic wrap. Cook by pressing **Microwave 700W**, and entering **Approx. 1 min. 40 sec.**
③ Layer half the onions, potatoes, and tomatoes in a baking dish coated with a small amount of butter. Sprinkle with salt and pepper, then top with half of the butter cut into thin slices. Layer the rest of the ingredients in the same way and top with cheese. Place the dish on the metal tray. Remove the ceramic tray and insert the metal tray in the **mid rack**. Press **Oven**, **1 Level**, **230°C**, **20–25 min.** with **Preheat No** to cook.

Manual Cooking (Oven Heating: Preheat No)
→P.E-44

Manual Cooking (Microwave Heating) →P.E-38

Stuffed Tomatoes



Ingredients (6 tomatoes)
6 tomatoes (150 g each)
① 1 medium can tuna (in oil, drained) (100 g)
② 15 g bread crumbs
③ 1 clove garlic (finely chopped)
④ 1 tsp basil
40 g butter (melt by pressing **Microwave 200W**, and entering **Approx. 2 min.**) →P.E-38
30 g cheese (shredded and/or grated to taste)
Small amount fresh parsley (chopped)
1/3 tsp salt
Dash of pepper

• Use the ceramic tray when cooking with the microwave heating function.

Directions
① Cut the tops off of the tomatoes and remove the stems. Remove the seeds and turn upside-down to get rid of any remaining juices.
② Combine ① in a bowl, mixing well. Add salt and pepper.
③ Fill the hollow tomatoes with the mixture in ②. Top with melted butter and cheese.
④ Cover the metal tray with aluminum foil or a cooking sheet and arrange the stuffed tomatoes on top. Remove the ceramic tray and insert the metal tray in the **mid rack**. Press **Oven**, **1 Level**, **230°C**, **20–25 min.** with **Preheat No** to cook.
⑤ Place the tomatoes on a dish and put chopped parsley on top.

Manual Cooking (Oven Heating: Preheat No)
→P.E-44

Chinjao Rosu

Auto Cooking

Start Reheat

Microwave Oven Superheated Steam

14 Chinjao Rosu

→P.E-35

Ceramic tray

Water tank

Full

Stir-fried beef and peppers (Chinjao Rosu)



Ingredients (standard amount, 2–3 servings)
150 g beef (sliced into thin strips)
① 4 green peppers (seeded and sliced into thin strips)
② 50 g bamboo shoots (sliced into thin strips)
③ 1 tsp soy sauce
④ 1 tsp oyster sauce
⑤ 1 tsp sake
⑥ 1 tsp sugar
⑦ 1 tsp chicken bouillon powder
⑧ 1 tsp starch

Directions
① Fill the water tank to the full line, and insert it into the main unit.
② Lightly sprinkle the meat with salt and pepper. Dust with 1 tsp of starch (not listed above).
③ Put ② and ① in a sealable plastic bag. Combine ③ and add to the bag as well. Mix gently.
④ Leave the Chinjao Rosu uncovered. Press **14 Chinjao Rosu** to cook.

Hints for using the 14 Chinjao Rosu function

● **Number of servings**
You should only cook between 80–130% of the amount of ingredients in the recipe at one time.
● **If the ingredients are undercooked**
Use the **Microwave 500W** function to manually cook the ingredients, checking them often.
→P.E-38
● **Seasonings**
Use a store-bought seasoning packet for an easier recipe.

Baked Potato

Auto Cooking

Start Reheat

Steam Oven Superheated steam

13 Baked Potato

→P.E-35

Metal tray

Bottom

Ceramic tray

Water tank

Full

Baked Potato



Ingredients (4 potatoes)
4 potatoes (150 g each)

Directions
① Fill the water tank to the full line, and insert it into the main unit.
② Arrange the potatoes on the metal tray and insert it in the **bottom rack**. Press **13 Baked Potato** to cook.

Baked Sweet Potato



Ingredients (2–4 potatoes)
2–4 sweet potatoes (250 g each)

Directions
① Fill the water tank to the full line, and insert it into the main unit.
② Poke holes in the sweet potatoes with a fork or make shallow cuts with a knife. Arrange the sweet potatoes on the metal tray and insert it in the **bottom rack**. Press **13 Baked Potato** to cook.

Hints for using the 13 Baked Potato function

● **Number of servings**
Make only the amount of potatoes indicated.
● For thin potatoes (180 g or less) and small potatoes (130 g or less), set doneness adjustment to **LO** to cook.
● **If the potatoes are underdone**
Use the following functions to continue cooking the potatoes, checking often:
Oven, **Preheat No**, **1 Level**, **200°C**.
→P.E-44

Cabbage Rolls Chawanmushi

Auto Cooking

7 Leafy Vegetables

(Preparation)

Start Reheat

Microwave Oven

19 Cabbage Rolls

→P.E-35

Ceramic tray

Water tank

Empty

Cabbage Rolls



Ingredients (4 servings)
8 cabbage leaves (500 g)
200 g ground beef and pork mixture
1/4 onion (diced) (50 g)
3 tbsp milk
(A) 30 g bread crumbs
1/4 egg
Dash each of nutmeg, salt, and pepper
1 1/2 cups broth (dissolve 1 bouillon cube)
(B) 1/4 cup ketchup
2 tsp soy sauce
Dash of salt and pepper
1/4 onion (sliced thin) (50 g)

Directions

- Stack the cabbage leaves so that the stems and leaf tips face alternating directions. Cover in plastic wrap and heat using the [7 Leafy Vegetables](#) setting. Once cooked, thinly slice the stems. Drain.
- Combine the ingredients in (A) in a bowl and add the sliced cabbage stems. Mix together well.
- Divide the mixture in (2) into eight equal parts. Shape into oval patties and lay on top of the flattened cabbage leaves from (1), and then roll the leaves.
- Line a baking dish with the sliced onion and set the cabbage rolls on top. Combine (B) and pour on top. Cover with a drop lid (see the hints for [19 Cabbage Rolls](#)) and press [19 Cabbage Rolls](#) to cook.

Using the [7 Leafy Vegetables](#) setting →P.E-34

Auto Cooking

200 W

2–3 min.

(Preparation)

Start Reheat

Steam

Microwave Oven

11 Chawanmushi

→P.E-35

Ceramic tray

Water tank

Full

Chawanmushi



Ingredients (4 servings)
2 eggs (100 ml)
350–400 ml dashi broth
(A) 1/2 tsp each soy sauce and salt
1 tsp mirin (sweet cooking wine)
40 g chicken (sliced thin)
Dash of sake
4 small shrimp (with shells)
8 thin slices fish cake
2 dried shiitake mushrooms (reconstituted, stems removed, sliced into 4 pieces each)
8 boiled ginkgo nuts
Mitsuba leaves

Directions

- Fill the water tank to the full line, and insert it into the main unit.
- Crack the eggs into a bowl and beat well. Combine (A) and add to the mixture. Strain.
- Sprinkle the chicken with sake and set aside. Peel and devein the shrimp, leaving the tails and last joint of the shell.
- Combine the chicken and shrimp in a large bowl and cover with plastic wrap. Cook by pressing [Microwave|200W](#), and entering [2–3 min.](#)
- Divide all of the solid ingredients (except the mitsuba leaves) evenly among four chawanmushi custard cups. Pour an equal amount of the egg mixture in each. Stir briefly and cover with the lids.
- Arrange the cups on the ceramic tray according to the figure on the right. Press [11 Chawanmushi](#) to cook. When they are finished heating, remove the tray from the oven cavity and garnish with mitsuba leaves. Replace the lids and let sit for about 5 minutes before serving.

Manual Cooking (Microwave Heating) →P.E-38

Hints for using the [19 Cabbage Rolls](#) function

●Use a large, deep dish

Use a deep dish to prevent the mixture from boiling over. A lidded bowl made for boiled dishes is ideal.

●Make the rolls the same size

Use the same amount of ingredients for each roll to ensure even cooking.

●Use a generous amount of broth

Use enough broth to cover the rolls.

●Let the rolls sit after cooking

This will help bring out their full flavor.

●Make the necessary preparations

Pre-boil vegetables that leach unwanted juices or are difficult to cook. If you want to brown some of the ingredients, do so in a skillet before boiling.

●Use a drop lid

Use a drop lid to ensure that the broth is thoroughly infused in the rolls as they cook. You can use a flat dish or a cooking sheet with an X-shaped opening cut in the center.

Hints for using the [11 Chawanmushi](#) function

●Number of servings

Use the recipe to make 1–6 cups.

●Recommended cookware

Use lidded cups about 8 cm in diameter with a total weight (with lid) of around 200g each.

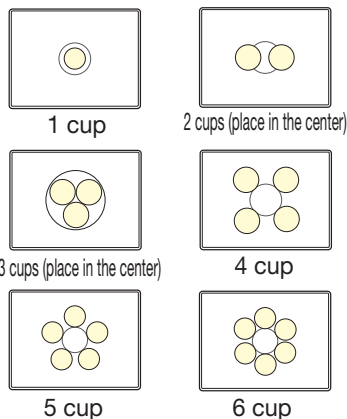
●Temperature before cooking

The chawanmushi should be at 20–25°C before cooking. If it is cooler, set the doneness adjustment to [\[HI\]](#). If it is warmer, set the doneness adjustment to [\[LO\]](#).

●Do not fill the cups more than 70% with the egg mixture

●Arranging the cups

For four or more cups, equally space them around the circle at the center of the ceramic tray. (Figures show the view from the top.)



- Wait until the oven cavity is cool**
The chawanmushi will not cook correctly if you use the [Oven](#), [Grill](#), [26 Deodorizing](#) function beforehand without allowing the oven cavity to cool.
- Take care when removing the cups**
The cups will be hot. Use an oven mitt or dry towel to remove them.
- If the chawanmushi is underdone**
Use the [Microwave|200W](#) function to continue cooking, checking the chawanmushi often. →P.E-38

Steamed Whitefish

Auto Cooking

Start Reheat

Superheated Steam

Steam

Oven

12 Steamed Whitefish

→P.E-35

Metal tray

Bottom

Ceramic tray

Water tank

Full

Steamed Whitefish



Ingredients (4 pieces)
4 pieces sliced cod
Dash of salt and pepper
4 strips bacon
4 cherry tomatoes (stems removed)
4 slices zucchini
1/4 yellow pepper (cut into 4 equal squares)
2 tbsp white wine
(A) 1/3 cup broth
(dissolve 1/2 bouillon cube)
1 cup white sauce
(see directions on →P. E-60)

Directions

- Fill the water tank to the full line, and insert it into the main unit.
- Lightly sprinkle both sides of the fish slices with salt and pepper. Wrap each in a piece of bacon.
- Stack a piece of yellow pepper, zucchini slice, and cherry tomato on each wrapped fish slice. Insert a toothpick to hold in place.
- Cover the metal tray with an aluminum foil or cooking sheet. Place the fish pieces on the sheet, combine (A), and pour it over all the fillets. Place the metal tray on the ceramic tray and insert it in the [bottom rack](#). Press [12 Steamed Whitefish](#) to cook.
- Arrange on a plate. Pour white sauce on top before serving.

Hints for using the [12 Steamed Whitefish](#) function

- Number of servings**
The steamed whitefish recipe should be used to make 2–4 servings. For two servings, set doneness adjustment to M-LO to cook. For the cabbage-wrapped dumplings recipe, you should only cook between 80–130% of the amount indicated at one time.
- If your food is underdone**
Transfer the food to a plate and cover with plastic wrap. Place in the oven and set the oven to [Microwave|500W](#) to cook, checking the food often. →P.E-38
- The doneness of the food may differ depending on the cooking utensil (steamer).**

Cabbage-wrapped Dumplings

Doneness Adjustment [\[M-LO\]](#)



Ingredients (15 pieces)
3 cabbage leaves (150 g)
130 g ground pork
Ginger juice to taste
1 tbsp water
(A) Dash of salt
1 tsp soy sauce
1 tbsp starch
15 kernels corn
Soy sauce, vinegar, spicy mustard paste to taste

Directions

- Fill the water tank to the full line, and insert it into the main unit.
- Stack the cabbage leaves so that the stems and leaf tips face alternating directions. Cover in plastic wrap and heat using the [7 Leafy Vegetables](#) setting. Slice the cooked leaves into 15 6-cm squares, avoiding the stems. Chop up the remaining cabbage.
- Combine the ground pork with the seasonings in (A). Add the chopped cabbage from (2) and mix well.
- Make balls out of the mixture in (3), and then place onto each cabbage square and wrap to create a dumpling shape. Place a kernel of corn on each.
- Arrange the dumplings on top and place the metal tray on the ceramic tray. Press [12 Steamed Whitefish](#) and set the doneness adjustment to [\[M-LO\]](#) to cook.
- Arrange on a plate. Serve with soy sauce, vinegar, and/or hot mustard paste as desired.

Soup

Manual Cooking

Manual Select

Start Reheat

Microwave

500W

Approx. 5 min.

200W

22–28 min.

700W

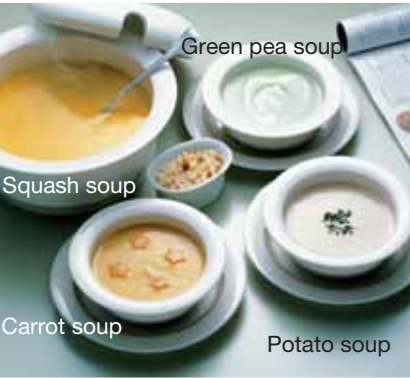
Approx. 2 min.

Ceramic tray

Water tank

Empty

Vegetable soups
(squash, carrot, green pea, potato)



Ingredients (2–3 standard servings)

200 g vegetables (carrot, squash, potato, or boiled green peas)

1/3 onion (sliced thin) (70 g)

A 1 1/2 cups water

1 bouillon cube

1 tbsp butter

2 strips bacon (carrot soup only)

1 cup milk

Directions

1 Carrots or potatoes: peel and cut into thin slices. Squash: peel and cut into chunks.

2 Put the cut vegetables in a bowl. Add the onion, butter, and the ingredients in A. For carrot soup, add thinly sliced bacon strips.

3 Cover with a cooking sheet and a drop lid (See 19 Roll Cabbage hints P.E-68). Relay heating P.E-68 by pressing Microwave 500W, and entering Approx. 5 min., then pressing Microwave 200W, and entering 22–28 min.. Put the mixture in a blender and add the milk. Once blended, transfer to a bowl and cook by pressing Microwave 700W, and entering Approx. 2 min..

4 Add parsley and croutons to taste before serving.

[Tips]

• Blending can be omitted if desired.

Relay Heating P.E-40

Manual Cooking (Microwave Heating) P.E-38

Rice

Manual Cooking

Manual Select

Start Reheat

Microwave

500W

Approx. 5 min.

200W

22–28 min.

Ceramic tray

Water tank

Empty

Minestrone



Ingredients (2–3 standard servings)

1/2 medium onion (cut into small chunks) (100 g)

1/3 carrot (cut into small chunks) (50 g)

1/2 stalk celery (cut into small chunks)

1/2 large potato (cubed) (50 g)

A 40 g cabbage (cut into 1-cm squares)

30 g boiled soybeans

30 g tomato (peeled, seeded, and cut into small chunks)

1 strip bacon (cut into 1-cm pieces)

20 g macaroni (do not use quick-cook noodles)

B 1 1/2 cup water

1 bouillon cube

1 1/2 cups tomato juice

Dash of salt and pepper

Directions

1 In a bowl, combine the ingredients in A. Combine B and add to the mixture. Drop lid with a cooking sheet (see 19 Roll Cabbage hints P.E-68). Relay heating P.E-40 by pressing Microwave 500W, and entering Approx. 5 min., then pressing Microwave 200W, and entering 22–28 min..

Rice hints

(Using the relay heating function P.E-40)

Use a large, deep bowl

Use a large, deep bowl to prevent the rice from boiling over. A store-bought heat-resistant cooking dish with a lid is ideal.

Let the rice soak first

Before cooking, let the rice sit in the amount of water indicated for 30 minutes to an hour. This will allow it to absorb the necessary amount of water.

Water and cooking times

Rice	Water	Microwave 700W	Relay heating	Microwave 200W
1 cup (160 g)	240–260 ml	Approx. 6 min.	→	Approx. 16 min.
3 cups (480 g)	640–700 ml	Approx. 12 min.	→	Approx. 30 min.

Quick Bread

Auto Cooking

Start Reheat

Microwave 500W

Approx. 30 sec.

Steam Microwave leavening

30 W 8–12 min.

(Preparation)

Steam

Oven

20 Quick Bread

P.E-35

Metal tray

Mid

Ceramic tray

Water tank

Full

CAUTION

Take care to avoid burns when inserting or removing the hot metal tray. Use a thick, dry kitchen towel or oven mitt to handle the tray.

Quick Bread



Ingredients (8 rolls)

A 150 g flour (bread flour)

1 tbsp sugar (9 g)

1/3 tsp salt (2 g)

1 tsp dry yeast powder (quick-rise type) (2.5 g)

90–100 ml water

1 tbsp butter (12 g)

Directions

1 Fill the water tank to the full line, and insert it into the main unit.

2 Combine A in a sealable plastic bag and add the dry yeast. Mix well.

3 Put the butter in a baking dish and melt by pressing Microwave 500W and entering Approx. 30 sec.. Add the water.

4 Add 3 to the plastic bag. Seal the bag and knead until the liquid is evenly distributed.

5 Knead the dough for a good ten minutes. Adding a little air to the bag before sealing it will allow you to easily knead the dough with both hands.

6 Shape the dough into a ball 2–3 cm thick and place it on the center of the ceramic tray. Start the first rise by pressing Steam Microwave Leaven 30W, and enter 8–12 min..

7 Dust a cutting board with flour (bread flour). Remove the dough from the plastic bag.

8 Gently press the dough to remove the air. Use a dough cutter or kitchen knife to cut the dough into 8 equal pieces (about 33 g each).

Hints for using the 20 Quick Bread function

Number of servings

Make only the amount of bread indicated. It has been optimized to make the baking go as easily and quickly as possible.

Sealable plastic bag

Use a sealable plastic bag about 25 x 35 cm in size. The semi-transparent type designed for microwave cooking is ideal, but clear plastic is also acceptable. Make sure the bag is tightly sealed and has no holes before using.

Adjust the leavening time as needed

The dough will rise at different speeds depending on the season, ambient temperature, and temperature of the ceramic tray. Leave 8–12 minutes for the first rise, and adjust the second rise as needed.

	For denser dough	For fluffier dough
Second rise	12–20 min.	6–8 min.

Do not let the dough dry out

When splitting or shaping the dough, keep it covered with a moist cloth or store in a plastic bag to prevent drying.

Shaping (rounding) the dough

Place the dough smooth-side up. Round it by tucking the cut edges into the center underneath. Use your fingers to pinch the underside of the ball closed.

For glazed rolls

Before baking, coat the surface of the dough with a thin layer of beaten egg mixed with a pinch of salt.

If the rolls are underdone

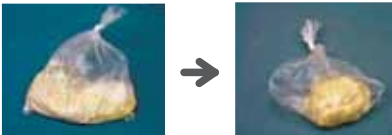
Use the following functions to continue cooking the rolls, checking often: Oven, Preheat No., 1 Level, 180°C. P.E-44

Knead thoroughly

Kneading the dough thoroughly prevents the flour from clumping and causes the dough to stretch out and become sticky. Continue kneading until the dough sticks together in a single clump and separates from the sides of the plastic bag.

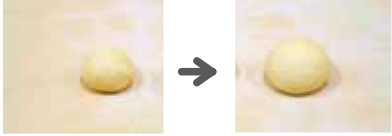
Proper leavening

Factors like ambient temperature and the type of yeast can cause the dough to rise differently. The dough should take on a netlike appearance after the first rise and grow between 120 and 150% in size.



First rise

The dough should grow about another 150% in size during the second rise.



Second rise

Raisin Bread

Ingredients/Directions

Add raisins (30 g) to the kneaded bread dough in step 5 and bake.

Manual Cooking (Microwave Heating) P.E-38

Heat Using Steam Microwave Leavening P.E-46



9 Roll each section of dough into a ball. Cover the ceramic tray with a cooking sheet and place them in the center (see photo).

10 Start the second rise by pressing Steam Microwave Leaven 30W, and enter 8–12 min..

11 When the dough is finished rising, pick up the ends of the oven sheet and transfer it to the metal tray. Insert the metal tray in the mid rack and press 20 Quick Bread to bake.

French Bread

Auto Cooking

Steam oven leavening 35°C
(Preparation)

Start
Reheat

(Preheat Yes)

21 French Bread

➔P.E-37

Metal tray
Mid

Ceramic tray

Water tank

Full

Preheat
Steam
Oven

French Bread

Bâtard, Coupé

Ingredients (one bâtard, two coupé)

A

330 g flour (bread flour)
80 g flour (cake flour)
5 g sugar
8 g salt

3 generous tsp dry yeast powder
(quick-rise type) (8 g)

B

1 generous tsp lemon juice (6 ml)
220–260 ml lukewarm (30°C) water

Directions

1

Fill the water tank to the full line, and insert it into the main unit.

2

Combine **A** in a bowl and sprinkle in the dry yeast. Combine and add **B**. Mix thoroughly, until the mixture becomes a single clump.

3

Continue kneading until the dough is no longer sticky and separates easily from the bowl.

4

Place the dough on a flat surface and pound to flatten. Fold and repeat, kneading for about 15 minutes. Shape into a ball.

5

Place the dough in a bowl lightly coated with butter. Place the bowl on the metal tray and insert it into the **bottom rack**. Press **Steam**, **Oven**, **1 Level**, **Leaven 35°C** and enter **25–60 min.** with **Preheat No** to rise.

6

When the dough has risen to about twice its original size, coat a finger with flour and poke the center of the dough. If the hole retains its shape, the rising is complete.

7

Turn the bowl over to remove the dough. Use a dough cutter or kitchen knife to cut into one bâtard (390 g) and two coupé (140 g each).

8

Lightly pound the bread to remove any air bubbles. Round the dough to ensure that the surface is smooth. Cover with a moist towel and plastic wrap and let rest for 5–20 minutes (bench time).

9

Lengthen the bâtard until it is 20 cm long. Turn it over so that the bottom side when resting is now the top. Use a rolling pin to flatten it into a 30-cm oblong shape.



10

Fold one side of the oblong shape lengthwise $\frac{1}{3}$ of the way in. Press the folded portion down with your right palm. Then fold the dough again lengthwise and completely seal the crease. Roll out into a loaf long enough to just fit into the metal tray at a diagonal.

11

Flatten the coupé into circular shapes 15 cm in diameter. Fold the edge facing you towards the center, leaving about a third of the dough on the far side. Fold the remaining third on top of the existing fold and completely seal the crease.

12

Shape the ends of the coupé into rounded points, and then roll the dough to form an egg shape.

13

Place the shaped dough on a metal tray lightly coated with butter. Make sure the creases are facing down. Insert the metal tray in the **bottom rack**. Press **Steam**, **Oven**, **1 Level**, **Leaven 35°C** and enter **10–20 min.** with **Preheat No** to rise.

14

Remove the bread from the oven cavity. Press **21 French Bread** to preheat the oven.

15

While the oven is preheating, cover the dough with a moist cloth or plastic wrap and let it continue rising at room temperature (about 9 minutes). Right before preheating is complete, use a knife or razor blade to make a single lengthwise cut in the surface of the coupé. Make three to four cuts in the bâtard.

•

When cutting the coupé, hold the razor blade or knife at 45 degrees to make an angled cut in the dough.

16

Once the beep sounds indicating that preheating is complete, insert the metal tray in the **mid rack** to bake.

17

Once baking is finished, let the bread cool at room temperature before serving.

Heat Using Steam Oven Leavening ➔P.E-47

Hints for baking bread

●

Allow the milk to reach room temperature

Bread will not rise properly when using chilled milk straight from the refrigerator.

●

Temperature for rising dough

The ideal temperature for rising dough is 25–27°C. If the room is warmer (in summertime, for example), the dough will not rise as fully.

●

Adjust the leavening time as needed

The dough will rise at different speeds depending on several factors, including the type of yeast, the season, and the ambient temperature. Make sure to cover the rising dough with a moist cloth to prevent it from drying out. If the dough does not rise fully, add extra time to leaven, checking the dough often.

●

Do not let the dough dry out during resting and rising

If the dough dries out, it will not rise properly. Keep it humid by misting the area around it with water or by placing it inside a large plastic bag.

●

Handle the dough with care

Handle the dough gently. Dough that is torn or reworked to correct its shape will become damaged and not expand properly.

●

Apply the glaze carefully and sparingly

Lightly glaze the surface of the dough using the palms of your hands. Too much glaze will run onto the metal tray and cause the bottom of the bread to burn.

●

Over-risen dough

Over-risen dough will not expand properly when baking. It can be used to make pizza or fried bread instead.

●

Adjust the leavening temperature as needed

The leavening temperature can be set to 30, 35, 40, or 45°C. Select the appropriate setting based on the initial temperature and amount of dough as well as the season and other factors. The standard leavening temperature is 40°C.

Pizza

Auto Cooking

Start
Reheat

(Preheat Yes)

22 Crispy Pizza

➔P.E-37

Steam oven leavening 30 W
(Preparation)

Preheat
Oven

Metal tray
Top

Water tank

Full

Crispy Pizza

(Margherita Pizza)



Ingredients (one 26-cm pizza)

A

50 g flour (bread flour)
20 g flour (cake flour)
 $\frac{1}{2}$ tsp sugar (4 g)
 $\frac{1}{3}$ tsp salt (1.5 g)
 $\frac{1}{2}$ dry yeast powder (quick-rise type) (1 g)
35–45 ml lukewarm water
 $\frac{1}{2}$ tbsp olive oil (7 g)
Prepared pizza sauce

B

$\frac{1}{4}$ tomato (cubed) (50 g)
50 g fresh mozzarella cheese (torn into bite-size chunks)
Dash of salt and pepper
Fresh basil leaves

Directions

1

Fill the water tank to the full line, and insert it into the main unit.

2

Combine **A** in a sealable plastic bag with the dry yeast and mix.

3

Add the lukewarm water and olive oil. Knead for 5 minutes (8 minutes if doubling the recipe). Adding a little air to the bag before sealing it will allow you to easily knead the dough with both hands. (See step 5 of the Quick Bread recipe ➔P.E-71)

4

Place the dough in the center of the ceramic tray in the bottom of the oven cavity. Start the first rise by pressing **Steam**, **Microwave**, **Leaven**, **30W**, and enter **Approx. 10 min.** (For leavening guidelines, see the hints for using the Quick Bread function ➔P.E-71 .)

5

Dust a cutting board with flour (bread flour). Remove the dough from the plastic bag.

6

Gently press the dough to remove the air. Shape into a ball.

7

Flatten the dough ball into a circle about 26 cm in diameter. Place it on a cooking sheet. Coat with pizza sauce and the ingredients in **B**. Sprinkle with salt and pepper.

8

Remove the ceramic tray and place an empty metal tray on the **top rack**. Press **22 Crispy Pizza** to preheat.

9

Once the beep sounds indicating that preheating is complete, use a thick, dry kitchen towel or oven mitt to remove the metal tray and place it on the oven door. Take care to avoid burns.

10

Place the oven sheet with the pizza on the metal tray and insert it into the **top rack** to cook. Once cooked, top the pizza with fresh basil.

CAUTION

Take care to avoid burns when inserting or removing the hot metal tray. Use a thick, dry kitchen towel or oven mitt to handle the tray.

Heat Using Steam Microwave Leavening ➔P.E-46

Manual Cooking (Oven Heating: Preheat No) ➔P.E-44

Cooking prepared store-bought pizza

To cook prepared frozen pizza, use the manual cooking function, checking the pizza often. Place the pizza on the metal tray and insert the tray into the **mid rack**. Press **Oven**, **1 Level**, **200°C** with **Preheat No**. Enter **23–30 min.** for frozen pizza and **15–28 min.** for refrigerated pizza. If the oven is already preheated, enter **10–18 min.** for frozen pizza and **10–15 min.** for refrigerated pizza. Remove the ceramic tray if you use this method.

Manual Cooking (Oven Heating: Preheat No) ➔P.E-44

Hints for using the **22 Crispy Pizza** function

●

Number of servings

Cook only one metal tray of pizza at a time.

●

Two-level cooking

Do not use the **22 Crispy Pizza** function for two-level cooking. Double the recipe to make twice the amount of dough. Cut in two and place one pizza on each metal tray. Remove the ceramic tray and press **Oven**, **2 Level**, **200°C**, and enter **22–28 min.** with **Preheat Yes** to start cooking. Once the beep sounds indicating that preheating is complete, insert the metal trays into the **mid** and **bottom racks** to cook. If the pizzas are cooking unevenly, switch the position of the two trays about two-thirds to three-quarters of the way through baking.

●

Slicing the cooked pizza

Kitchen scissors are the best way to slice the cooked pizza.

●

If the pizza is underdone

Press **Oven**, **1 Level**, **200°C** with **Preheat No** to continue cooking, checking the pizza often.

●

Cooking frozen pizzas

Do not use the **22 Crispy Pizza** function. Refer to the directions for cooking prepared store-bought pizzas.

Homemade Bread

Manual Cooking

Steam oven leavening 40°C (Preparation)

Manual Select

Start Reheat

Oven

(Preheat Yes, 1 Level/2 Level)

Preheat

180°C

21–25 min.

Metal tray

Mid Bottom

Water tank

Full

Butter Rolls



Ingredients (24 butter rolls)

(A)

480 g flour (bread flour)

5 1/2 tbsp sugar (50 g)

1 tsp salt (6 g)

3 tsp dry yeast powder (quick-rise type) (7 g)

(B)

60–80 ml lukewarm (40°C) water

1 large egg (beaten)

180–200 ml milk (room temperature)

70 g butter (room temperature)

Egg glaze:

1/2 egg (beaten)

1/4 tsp salt

(Prepare half the amounts listed if baking only one tray)

Directions

1

Fill the water tank to the full line, and insert it into the main unit.

2

Combine (A) in a bowl and sprinkle in the dry yeast. Combine and add (B). Mix briefly with your hands, and then slowly add the butter. Mix thoroughly, until the mixture becomes a single clump.

3

Follow steps (3) and (4) of the French Bread recipe (→P. E-72) to make the dough.

4

Place the dough in a bowl lightly coated with butter. Place the bowl on the metal tray and insert it into the **bottom rack**. Press **Steam**, **Oven**, **2 Level**, **Leaven 40°C** and enter **50–60 min.** with **Preheat No** to rise.

5

When the dough has risen to 2–2.5 times its original size, coat a finger with flour and poke the center of the dough. If the hole retains its shape, the rising is complete.

6

Turn the bowl over to remove the dough. Using your hands, spread it out gently to remove the air.

7

Use a dough cutter or kitchen knife to cut into 24 pieces (38 g each). Do not tear the dough with your hands, as this will damage it and prevent it from expanding properly.

8

Roll each section of dough in your hands or on the cutting board until smooth.

9

Cover the dough balls with plastic wrap or place in a plastic bag and let rest for about 20 minutes, taking care to prevent them from chilling (bench time).

10

Place the dough balls in your hand and press each one into a funnel shape. Use a rolling pin to flatten them into long, thin triangles.

11

Starting at the base end of the triangle, roll up each section of dough. When they are rolled, arrange them on metal trays lightly coated with butter.

12

Insert the metal trays into the **mid** and **bottom racks**. Press **Steam**, **Oven**, **2 Level**, **Leaven 40°C** and enter **25–36 min.** with **Preheat No** to rise the dough to 2–2.5 times its original size. Lightly and carefully coat the surface of the rolls with the egg glaze.

13

Remove the ceramic tray. Press **Oven**, **2 Level**, **180°C** and enter **21–25 min.** with **Preheat Yes** to preheat.

14

Once the beep sounds indicating that preheating is complete, insert the metal trays into the **mid** and **bottom racks** to bake. (For a single tray of rolls: Press **Oven**, **1 Level** with **Preheat Yes**. When the beep sounds, insert the metal tray in the **mid rack** and bake for **13–17 minutes**.)

[Tips]

You can make the dough easier by placing all the ingredients from step (2) into a mochi-pounding machine and have it knead the mixture for 8–10 minutes. If you use this method, the lukewarm water should be chilled to 20°–25°C.

If the rolls are cooking unevenly, switch the position of the two trays about two-thirds to three-quarters of the way through baking.

Heat Using Steam Oven Leavening

→P.E-47

Manual Cooking (Oven Heating: Preheat Yes)

→P.E-42

Manual Cooking

Steam oven leavening 40°C (Preparation)

Manual Select

Start Reheat

Oven

(Preheat Yes, 2 Level)

Preheat

200°C

24–36 min.

Metal tray

Bottom

Water tank

Full

• Cook with two trays setting for high heat.

Dome-shaped Bread



Ingredients (one 19 x 10 x 8.5 cm rectangular bread pan)

220 g flour (bread flour)

4 tsp sugar (12 g)

1/2 tsp salt (2.5 g)

2 tsp dry yeast powder (quick-rise type) (5 g)

130–150 ml lukewarm (40°C) water

10 g butter

(Double the recipe for two loaves)

Directions

1

Follow steps (1) – (6) of the Butter Rolls recipe to make the dough.

2

Use a dough cutter to divide the dough into three equal sections. Roll each section into a ball. Cover with plastic wrap or place in a plastic bag. Let rest for about 20 min. (bench time).

3

Flatten the balls into oblong shapes 20 cm tall and 10 cm wide. Starting with the long end, roll each section up completely, then pound lightly with your fist to shape.

4

Line up the pieces of dough inside a bread pan bowl lightly coated with butter. Place the pan on the metal tray and insert it into the **bottom rack**. Press **Steam**, **Oven**, **1 Level**, **Leaven 40°C** and enter **50–80 min.** with **Preheat No** to rise.

5

Remove the dough and the ceramic tray. Press **Oven**, **2 Level**, **200°C** and enter **24–36 min.** with **Preheat Yes** to preheat.

6

Once the beep sounds indicating that preheating is complete, insert the metal tray into the **bottom rack** to bake.

[Tips]

During the second rise, the dough should expand until it is protruding 1–2 cm above the top of the bread pan.

If the dough dries out, keep it humid by misting the area around it with water.

If the surface of the bread becomes overly browned during cooking, cover with aluminum foil and continue baking.

If the loaves are cooking unevenly, turn them 180 degrees when there are 5–6 minutes of baking time left.

Heat Using Steam Oven Leavening

→P.E-47

Manual Cooking (Oven Heating: Preheat Yes)

→P.E-42

Homemade Preserves

Manual Cooking

Manual Select

Start Reheat

Microwave

(Relay heating)

600 W

Approx. 20 min.

200 W

Approx. 10 min.

Ceramic tray

Water tank

Empty

→P. E-40

Strawberry Preserves

Ingredients (standard amount)

150 g strawberries

50 g red pepper (finely chopped)

100 g pineapple (finely chopped)

Store-bought 100% juice

(A)

100 ml pineapple juice

100 ml apple juice

Juice from 1/2 a lemon (2 generous tbsp)

Directions

1

Rinse and core the strawberries. Chop the red pepper and pineapple into small 2–3 cm pieces.

2

Place the fruit in a large, deep heat-resistant dish. Add the ingredients in (A) and the lemon juice.

3

Relay heat by pressing **Microwave 600W**, and entering **Approx. 20 min.**, and then pressing **Microwave 200W**, and entering **Approx. 10 min.** (→P. E-40).

4

Once cooked, remove with a dry towel.

5

Let the preserves cool, then cover and place in the refrigerator to chill. Transfer to a sealable container.

Blueberry Preserves

Ingredients/Directions

Substitute blueberries (150 g) for the strawberries and grapefruit juice for the apple juice. Follow the directions above.



Orange Preserves

Ingredients (standard amount)

200 g orange (peeled and sectioned with membrane removed)

50 g apple (finely chopped)

50 g yellow pepper (finely chopped)

Store-bought 100% juice

(A)

100 ml apple juice

100 ml pineapple juice

Juice from 1/2 a lemon (2 generous tbsp)

1 knob ginger (julienned)

Directions

Combine all ingredients except the ginger. Follow the directions for the Strawberry Preserves recipe. Add the ginger once the mixture has cooked and cooled.

Coconut Preserves

Ingredients (standard amount)

150 g canned peaches (white or yellow)

100 g pears (canned or fresh)

50 g canned coconut milk

Store-bought 100% juice

(A)

100 ml apple juice

100 ml pineapple juice

Juice from 1/2 a lemon (2 generous tbsp)

Whole green peppercorns

Directions

Combine all ingredients except the green peppercorns. Follow the directions for the Strawberry Preserves recipe. Add the peppercorns once the mixture has cooked and cooled.

Kiwi Preserves

Ingredients (standard amount)

200 g kiwi (partially crushed)

70 g pineapple (finely chopped)

30 g yellow pepper (finely chopped)

Store-bought 100% juice

(A)

150 ml vegetable-fruit juice mix

50 ml pineapple juice

Juice from 1/2 a lemon (2 generous tbsp)

Whole pink peppercorns or preferred spice

Directions

Combine all ingredients except the pink peppercorns. Follow the directions for the Strawberry Preserves recipe. Add the peppercorns or your preferred spice once the mixture has cooked and cooled.

Hints for making homemade preserves

●Recommended bowl

Use a heat-resistant bowl 20–23 cm in diameter at the mouth (10 cm at the base) and 6–8 cm deep.

Note: If the bowl weights more than 800 g, increase the amount of fruit juice by 20–30 ml before cooking.

●Selecting fruit

Any kind of fruit suitable for making jam can be used, including strawberries, blueberries, oranges, bananas, or pineapples. Because no sugar is added to the recipe, it is better to select sweeter fruits.

●Bowl size

The bowl should be large enough so that it is about half full once all of the ingredients are combined.

●Selecting vegetables

Brightly colored vegetables such as red peppers, yellow peppers, tomatoes, squash, or carrots are ideal. It is often better to precook harder vegetables like squash or carrots.

●Ratio of fruit to vegetables

The total amount of fruit and vegetables should be around 300 g. The ratio should be about 200–250 g fruit to 100–150 g vegetables and herbs.

●Use 100% juice instead of sugar

Sweeter juices like apple and pineapple are ideal.

●Do not cover with plastic wrap or a lid

This will prevent the liquids from reducing properly during cooking.

●Remove immediately after cooking

The oven unit, oven cavity, ceramic tray, and surrounding area may be extremely hot. To avoid burns, use a thick, dry towel to remove items from the oven.

●For sweeter preserves

Add 1–2 tbsp of honey to the mixture and increase the amount of juice to 230 ml before cooking. You can also add 1–2 tbsp of honey to the preserves sweeter once they are cooked to make them sweeter.

●Expiration period

Because the preserves do not contain sugar, they will spoil quickly. Eat within a week or two.

Sponge Cake

Auto Cooking

Start Reheat

Microwave 200 W
1–2 min.
(Preparation)

23 Cake

Steam Oven

→P.E-35

Metal tray
Bottom
Ceramic tray

Water tank
Full

Decorative Cake (Sponge Cake)



Ingredients (one 18-cm cake pan)

90 g flour (cake flour)

90 g sugar

3 eggs (whites and yolks separated)

Dash of vanilla extract

A

2 tsp milk (room temperature)

15 g butter

Whipped cream to taste

Fruit, almonds as needed

Directions

1 Fill the water tank to the full line, and insert it into the main unit.

2 Coat the cake pan with a small amount of butter, then line the bottom and the sides with parchment paper (for baking). Combine (A) and melt it by pressing **Microwave 200W**, and entering **1–2 min.** (For an 18-cm cake, see the **23 Cake** hints for other sizes on the right.)

Manual Cooking (Microwave Heating) →P.E-38

Points for making sponge cake

Cross-section				
Condition	- Cake did not expand properly - Texture (air pockets) dense throughout - Cake is too hard	- Cake does not expand properly - Cake is dry - Texture is coarse with clumps of flour	- Surface is noticeably wrinkled - Texture is coarse throughout - Collapsed in center	- Texture (air pockets) dense in certain areas - Inconsistent expansion
Cause	- Eggs were not whipped thoroughly - Batter was over-mixed after adding flour and butter, destroying the egg foam (the mixture should be folded rather than mixed) - Batter was left sitting for too long - Not enough sugar	- Flour was not sufficiently blended - Flour was not sifted	- Air was not fully removed - The unwhipped batter left in the bowl was poured into the center of the mold (the batter should be spread to the edges) - Not enough flour - Batter was over-mixed after adding flour and butter, destroying the egg foam (the mixture should be folded rather than mixed)	Melted butter was not mixed in evenly (the butter should be mixed in while still hot)

3 Add the egg whites to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar, then continue whipping until stiff (separate whipping method).

4 Add the egg yolks and whip into a foam again. Add the vanilla extract.

5 Sift the flour. Fold it into the mixture with a wooden spoon until just combined, taking care not to make the mixture sticky. Combine (A) and stir together quickly.

6 Briskly pour everything into the mold and tap the pan on the counter to remove the air. Place the pan on the metal tray and insert the tray into the **bottom rack**. Press **23 Cake** to bake.

7 Drop the mold from a height of 10–20 cm to prevent it from shrinking during baking. Separate the cake from the mold and remove the parchment paper. Allow to cool completely, then top with whipped cream, fruit, or other embellishments as desired.



Combined whipping method

3 Crack the eggs into a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping until it begins to get stiff (stop when the blender leaves a circular trail in the mixture). Add the vanilla extract and continue as above from step 5.



Use the **STEAM** + **OVEN** combination to bake cakes that are soft and fluffy.

Hints for using the **23 Cake** function

You can use the recipe to make a 15–2-cm cake

Diameter	15 cm	18 cm	21 cm
Flour (cake flour)	50 g	90 g	120 g
Sugar	50 g	90 g	120 g
Eggs	2	3	4
Butter	10 g	15 g	20 g
Milk	1/2 tbsp	2 tsp	1 tbsp
Step	Approx. 1 min.	Approx. 1 min. 30 sec.	Approx. 2 min.
Directions	23 Cake Doneness adjustment M-LO MED M-HI		

● **Cake mold**
Use a metal cake pan with smooth sides free of rivets or other inconsistencies.

● **For easier whipping**
Warm the eggs and bowl to make it easier to whip into a foam.

● **Make sure the egg whites are whipped thoroughly**
To check whether the egg whites have been whipped enough, take a whisk or a handheld blender and pull it up through the mixture. If hard peaks form, the mixture is sufficiently whipped.

● **When the cake is done properly**
The body of the finished cake should be fluffy and with an even texture.



● **If the cake is underdone**
Continue baking by pressing **Oven**, **1 Level**, **160°C** with **Preheat No**, checking the cake often →P.E-44

● **If the surface of the cake falls**
Remove the cake from the mold and turn bottom-side up to cool.

Auto Cooking

Start Reheat

Microwave
200 W 2–3 min.
100 W Approx. 1 min.
(Preparation)

23 Cake

Steam Oven

→P.E-35

Metal tray
Bottom
Ceramic tray

Water tank
Full

Cheesecake

Doneness Adjustment **M-HI**



Ingredients (one 18-cm cake pan)

200 g cream cheese

30 g butter

2 eggs (whites and yolks separated)

50 g powdered sugar

25 g flour (cake flour)

30 ml fresh cream (room temperature)

1 tbsp lemon (zest mixed with juice)

Directions

1 Fill the water tank to the full line, and insert it into the main unit.

2 Coat the cake pan with a small amount of butter, and then line the bottom and the sides with parchment paper for baking.

3 Put the cream cheese in a heat-resistant bowl and melt it by pressing **Microwave 200W**, and entering **2–3 min.** Heat until liquefied, stirring partway through cooking. Add the egg yolks and stir well with a wooden spoon.

4 Put the butter in a bowl and soften by pressing **Microwave 100W**, and entering **Approx. 1 min.** Fold into the mixture in 3. Combine the flour and half of the powdered sugar and sift. Add to the mixture and stir, taking care to break up clumps. Add the fresh cream and the lemon.

5 Put the egg whites in a separate bowl and whip until the mixture is about 70% foam. Add the rest of the powdered sugar and continue whipping until stiff. Add half of the mixture in 4, fold together briefly, and then add the other half.

6 Pour the batter into the cake pan and tap on the counter to even out the surface. Place the pan on the metal tray and insert the tray into the **bottom rack**. Press **23 Cake** and set the doneness adjustment to **M-HI** to bake. Leaving the cheesecake in the pan, allow it to cool, and then put in the refrigerator to chill. Once chilled, remove from the pan.

Manual Cooking (Microwave Heating) →P.E-38

Manual Cake

Manual Cooking

Manual Select

Oven
(Preheat Yes, 1 Level)

Preheat
160°C
46–56 min.

→P.E-42

Metal tray
Bottom

Water tank
Empty

Chiffon Cake (Plain)



Ingredients (one 20-cm chiffon cake pan)

A

100 g flour (cake flour)

1/2 tsp baking powder

4 egg yolks

5 egg whites

Pinch of salt

100 g sugar

B

70 ml water

1 tbsp lemon juice

Grated peel of 1 lemon

60 ml salad oil

Directions

1 Combine the egg yolks and half the sugar in a bowl. Use a handheld blender to mix until white and fluffy. Combine the ingredients in (B) in the order listed and mix. Add the salad oil a little at a time and continue stirring. Sift the flour and baking soda mixture and combine, mixing on low speed until smooth.

2 Combine the egg whites and salt in a separate bowl. Use the handheld blender to whip until the mixture is about 70% foam. Once the bubbles have reached a consistent size, add the rest of the sugar and continue whipping until stiff.

3 Add 1/3 cup of the mixture in 2 to the mixture in 1. Fold together briefly with a wooden spoon, and then add the rest of the mixture and stir again briefly. Pour the batter into the cake pan from a good height and tap the pan on the counter a few times to remove the air. Place the pan on the metal tray.

4 Remove the ceramic tray and press **Oven**, **1 Level**, **160°C**, **46–56 min.** with **Preheat Yes** to preheat.

5 Once the beep sounds indicating that preheating is complete, insert the metal tray with the cake pan into the **bottom rack** to bake.

6 When the cake is finished baking, immediately flip the cake pan and allow to cool completely.

7 Once the cake is cool, use a pallet knife or similar tool to separate it from the mold. Fully insert the knife between the cake and the outside of the pan, and then quickly move it up and down to separate.

8 Repeat the procedure along the inner ring to separate the cake. Turn the cake mold over, inserting a knife up from the bottom to help you slowly release the cake from the mold.

[Tips]

- You can prepare the cake with an equal number of egg yolks and egg whites (5 eggs), but the top portion may come out too thick. More egg yolk will also make the body of the cake more yellow in color, resulting in a dessert that is closer to a sponge cake.
- If the surface of the cake becomes overly browned during cooking, cover with aluminum foil and continue baking.

Manual Cooking (Oven Heating: Preheat Yes) →P.E-42

Hints for making chiffon cake

● **Firmness of the yolk mixture**
The firmness of the yolk mixture should be somewhere between pancake and crepe batter. Be sure it is not too runny or too thick.

● **Use fresh, chilled eggs**
Eggs chilled to about 10°C are ideal for whipping into a firm meringue. Use eggs right from the refrigerator.

● **Do not coat the cake mold with butter**
If you coat the cake mold with butter before cooking, the cake will separate from the pan and shrink as it cools. Avoid using molds lined with fluorine or silicone as well.

● **Use chiffon molds**
Use an aluminum chiffon mold.



● **Let the mold cool completely**
Do not attempt to remove the cake before the mold has cooled completely because the cake may collapse.

● **Mixing the yolk and egg-white mixture**
Do not mix too vigorously. Over-mixing can destroy the foam and prevent the chiffon cake from fluffing up properly.

Manual Cooking
Microwave 200 W 1–2 min.
(Preparation)

Manual Select 

Oven **Preheat**
(Preheat Yes, 1 Level/2 Level) **160°C**
14–18 min.

→P.E-42

Metal tray
Mid

Water tank
Empty

Roll Cakes (Plain)



Ingredients (one metal tray)

80 g flour (cake flour)
80 g sugar
4 eggs (beaten)
Dash of vanilla extract
A { 1/2 tbsp milk
1 generous tbsp butter (15 g)
Apricot jam (strained to remove pulp) to taste

(Double the recipe for two trays)

Directions

- Coat the metal tray with a small amount of butter and cover with parchment paper (for baking).
- Combine A and melt it by pressing **Microwave** **200W**, and entering **1–2 min.** (for a double recipe, cook for approximately 3 minutes).
- Add the eggs to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping thoroughly until the mixture begins to get stiff. Mix in the vanilla extract.
- Sift the flour. Fold into the mixture with a wooden spoon, taking care to break up clumps. Add the mixture in ② and stir together quickly.
- Remove the ceramic tray and press **Oven**, **1 Level**, **160°C**, **14–18 min.** with **Preheat Yes** to preheat.
- Pour everything into the metal tray briskly and tap the tray on the counter to even out the surface.
- Once the beep sounds indicating that preheating is complete, insert the metal tray in the **mid rack** to bake.

For two trays, use **Oven**, **2 Level** with **Preheat Yes**, and insert the metal trays into the **mid** and **bottom racks**. Once preheating is complete, bake for **26–32 minutes**, switching the position of the trays when there are 10–12 minutes left of cooking time. Resume baking.

Hints for making roll cakes

●Hints for making the batter

The key to good batter is whipping the eggs and mixing in the flour properly. For instructions on how to whip whole eggs, refer to the combined mixing method on →P.E-78. Make sure that the blender leaves a circular trail in the mixture. When mixing in the flour, fold in until just combined, taking care not to make the mixture sticky.

●Removing the parchment paper

While still hot, either mist the paper with water or moisten with a damp cloth. Peel up slowly using both hands.

●If the edges of the cake become hard

Moisten the surface of the cake with syrup or cover with a dry cloth and plastic wrap once cooled. Let sit for a while before rolling.

●Applying jam

The cakes will roll best if jam is applied in a 2-cm band on the far side of the roll cake (end of the roll).

- When baking is finished, flip the metal tray over a cloth and remove the parchment paper. Place the roll cake browned-side up to cool.
- Flip the cake upside-down and use a knife to make scores in the surface 1–2 cm apart. Spread the apricot jam on the last 2 cm of the far end of the cake. Start at the near side and roll the cake away from you. Let the cake sit for a while before cutting.

Manual Cooking (Microwave Heating) →P.E-38

Manual Cooking (Oven Heating: Preheat Yes)
→P.E-42

Mocha Roll Cake

Ingredients/Directions

In step ④, add liquid coffee (1 scant tbsp of instant coffee dissolved in 1 tsp of hot water).

Green Tea Roll Cake

Ingredients/Directions

In step ④, add liquid green tea (1/2 tbsp powdered green tea (matcha) dissolved in 1/2 tbsp of water).

Manual Cooking
Microwave 200 W 3–4 min.
(Preparation)

Manual Select 

Oven **Preheat**
(Preheat Yes, 1 Level/2 Level) **160°C**
22–27 min.

→P.E-42

Metal tray
Bottom

Water tank
Empty

Madeleine Cookies



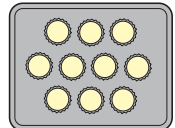
Ingredients (one Madeleine tray of ten 8-cm cookies)

100 g flour (cake flour)
100 g sugar
100 g butter
2 1/2 eggs (beaten)
A { 1/2 tbsp lemon juice
Grated peel of 1/2 lemon

(Double the recipe for two trays)

Directions

- Coat the cookie pan with a small amount of butter and cover with parchment paper (for baking).
- Melt the butter by pressing **Microwave** **200W**, and entering **3–4 min.** (for a double recipe, cook for 5–6 minutes).
- Add the eggs to a bowl and use a handheld blender to whip until the mixture is about 70% foam. Add the sugar and continue whipping thoroughly until the mixture begins to get stiff. Combine A and add to the mixture. Sift the flour and fold into to the mixture with a wooden spoon, taking care not to make the mixture sticky. Add the mixture in ② and stir together quickly.
- Pour the batter into the cookie molds and place the pan on the metal tray.



- Remove the ceramic tray and press **Oven**, **1 Level**, **160°C**, **22–27 min.** with **Preheat Yes** to preheat.
- Once the beep sounds indicating that preheating is complete, insert the metal tray in the **bottom rack** to bake.

For two trays, use **Oven**, **2 Level** with **Preheat Yes**, and insert the metal trays into the **mid** and **bottom racks**. Once preheating is complete, bake for **28–36 minutes**.

[Tips]

- Use warm melted butter in the recipe.

Manual Cooking (Microwave Heating) →P.E-38

Manual Cooking (Oven Heating: Preheat Yes)
→P.E-42

Pound Cake (Plain)



Manual Cooking

Manual Select 

Oven **Preheat**
(Preheat Yes, 1 Level) **160°C**
44–54 min.

→P.E-42

Metal tray
Bottom

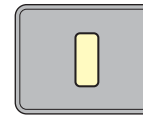
Water tank
Empty

Ingredients (one 19 x 8.5 x 6 cm pound cake pan)

A { 100 g flour (cake flour)
1/2 tsp baking soda
80 g sugar
100 g butter (room temperature)
2 eggs (beaten)
Dash of vanilla extract
60 g dried fruit (raisins, angelica root, cherries, etc.) (finely chopped and soaked in 1 tbsp rum)

Directions

- Coat the cake pan with a small amount of butter and cover with parchment paper (for baking).
- Add the butter to a bowl and whip with a handheld blender. Add half the sugar, mix well, and then add the rest of the sugar and mix again. Add the vanilla extract.
- Add the eggs slowly while continuing to mix the batter. Add the dried fruit and stir together with a wooden spoon. Combine the flour and baking soda and sift. Add and mix together, taking care not to make the mixture sticky.
- Pour the batter into the cake pan and tap on the counter to settle it. Make a dent in the center of the batter and smooth out the surface. Place on the metal tray as shown.
- Remove the ceramic tray and press **Oven**, **1 Level**, **160°C**, **44–54 min.** with **Preheat Yes** to preheat.
- Once the beep sounds indicating that preheating is complete, insert the metal tray in the **bottom rack** to bake.



Manual Cooking (Oven Heating: Preheat Yes) →P.E-42

Hints for making pound cake

●Whip the butter thoroughly

Make sure to whip plenty of air into the butter so that it is smooth and creamy and the sugar is no longer grainy. Keep mixing until it is light and fluffy.

●Make a dent in the center of the batter
Denting the center of the batter will allow the heat to pass through the mold evenly. Dent and smooth the surface before baking.

●If the surface of the bread becomes overly browned during cooking

Cover with aluminum foil and continue baking.

●Make sure the cake is done

Stick a wooden skewer into the center of the cake. If it comes out clean, the cake is done.

●Do not handle immediately after baking
When a pound cake first comes out of the oven it is still soft and can damage easily. Let the cake sit for 2–3 minutes before removing it and the parchment from the mold. Place on a cloth to cool.

■For a 19 x 10 x 8.5 cm pound cake pan

Adjust the ingredients to 200 g flour (cake flour), 2/3 tsp baking soda, 120 g sugar, 120 g butter, 3 eggs, dash of vanilla extract, and 100 g dried fruit in rum. Make the batter as above, and then bake for **58–65 minutes**.

Manual Cooking

Manual Select

Start Reheat

Metal tray

Bottom

Oven

(Preheat No, 1 Level)

180°C

50–60 min.

→P.E-44

Water tank

Empty

Baked Apples



Ingredients (4 apples)

4 Jonathan apples

A

60 g sugar

40 g butter

Dash of cinnamon

Whipped cream to taste

Directions

1

Wash and core the apples, leaving the bases intact.

2

Combine A, mixing well. Dividing the mixture evenly, pack it into the cores of the four apples. Place in a shallow baking dish.

3

Place the baking dish on the metal tray and insert it into the bottom rack. Remove the ceramic tray and press Oven, 1 Level, 180°C, 50–60 min, with Preheat No to bake.

4

Once the apples have cooled, top with whipped cream to taste.

Manual Cooking (Oven Heating: Preheat No) →P.E-44

Manual Cooking

Manual Select

Start Reheat

Ceramic tray

Microwave

700 W

Approx. 6–8 min.

500 W

Approx. 1 min. 30 sec.

→P.E-38

Water tank

Empty

Apple Compote



Ingredients/Directions

1

Peel two Jonathan apples. Hollow out the cores and cut in half crosswise. Dunk in salt water and rinse briefly.

2

Place the apple pieces in a deep cooking dish and sprinkle with 50 g sugar and 2 tbsp lemon juice. Cover with plastic wrap. Press Microwave 700W, and enter 6–8 min, to cook. Let sit to cool.

3

Combine the juice from the apples with 2 tbsp red wine. Press Microwave 500W, and enter Approx. 1 min. 30 sec. to cook. Use the mixture to coat the cooked apples.

Manual Cooking (Microwave Heating) →P.E-38

Manual Cooking

Manual Select

Start Reheat

Ceramic tray

Microwave

700 W

Approx. 1 min. 30 sec.

→P.E-38

Water tank

Empty

Coffee Jelly



Ingredients (4 servings)

A

1 tbsp powdered gelatin (10 g)

2 tbsp water

2 tbsp instant coffee

2 cups water

60 g sugar

Whipped cream to taste

Directions

1

Combine the gelatin and water and allow to soften.

2

Combine the dissolved gelatin, instant coffee and sugar in a bowl. Add half of the water and mix well. Press Microwave 700W, and enter Approx. 1 min. 30 sec. to cook.

3

Add the remaining water and mix. Pour into wet dishes and place in the refrigerator to chill and harden. Top with whipped cream before serving.

Manual Cooking (Microwave Heating) →P.E-38

Manual Cooking

Manual Select

Start Reheat

Metal tray

Mid Bottom

Oven

(Preheat Yes, 1 Level/2 Level)

Preheat 170°C

20–26 min.

→P.E-42

Water tank

Empty

Cut Cookies

Ingredients (two metal trays, 96 cookies)

340 g flour (cake flour)

170 g butter (room temperature)

120 g sugar

1 large egg (beaten)

Dash of vanilla extract

(Halve the recipe for one tray)

Directions

1

Whip the butter thoroughly with a handheld blender until it becomes whitish in color. Add the sugar and mix well.

2

Add the egg and mix thoroughly until creamy. Add the vanilla extract.

3

Sift the flour as you add it to the mixture. Mix briefly with a wooden spoon. Make the dough into a single ball and cover with plastic wrap. Place in the refrigerator and let rest for about an hour.

4

Sandwich the dough between two sheets of plastic wrap. Use a rolling pin to roll flat until it is 5 mm thick.



5

Remove the top sheet of plastic wrap and cut into 3-cm shapes. Cover the metal trays with aluminum foil and arrange the cut cookie dough on top.



6

Remove the ceramic tray and press Oven, 2 Level, 170°C, 20–26 min, with Preheat Yes to preheat.

7

Once the beep sounds indicating that preheating is complete, insert the metal trays in the mid and bottom racks to bake.

(For one tray, use Oven and 1 Level with Preheat Yes. Insert the metal tray into the mid rack. Once preheating is complete, bake for 15–19 minutes.)

Manual Cooking (Oven Heating: Preheat Yes) →P.E-42



Pressed Cookies

Ingredients (two trays, 96 cookies)

260 g flour (cake flour)

160 g butter (room temperature)

80 g sugar

1 1/2 large eggs (beaten) (80 g)

Dash of vanilla extract

Dried fruit (finely chopped) as needed

(Halve the recipe for one tray)

Directions

1

Follow steps 1–3 for the Cut Cookies recipe. Place the dough in a cookie press fitted with a flower-shaped attachment.

2

Cover the metal trays with aluminum foil. Squeeze the cookie press to arrange dough balls on top. Top with dried fruit.

3

Follow steps 6 and 7 for the Cut Cookies recipe to bake.

Mid tray

Bottom tray

Almond Cookies

Ingredients (two trays, 96 cookies)

A

240 g flour (cake flour)

1 tsp baking powder

80 g butter (room temperature)

80 g sugar

1 egg (beaten)

120 g sliced almonds

(Halve the recipe for one tray)

Directions

1

Follow steps 1–3 for the Cut Cookies recipe, substituting sliced almonds for the vanilla extract. Combine A and sift into the mixture. Stir.

2

Cover the metal trays with aluminum foil. Tear off chunks of the dough and arrange on the trays, topping each with sliced almonds.

3

Follow steps 6 and 7 for the Cut Cookies recipe to bake.

Hints for making cookies

●Mixing in the flour

Mix in the flour briefly as if you are folding it, taking care that the dough does not become sticky.

●If the dough becomes sticky

Cover in plastic wrap and let chill in the refrigerator for a while. Sprinkling too much flour on your working surface will make the cookies grainy and ruin their taste.

●Make sure the cookies are of equal size and thickness

If your cookies are of different sizes or thicknesses, they will bake unevenly.

●Using premade dough

Different types of store-bought cookie dough will cook differently. Be sure to check the dough often during baking.

●Storing dough

Dough will keep for about a week in the refrigerator and about a month in the freezer. Cover in plastic wrap to store.

●Remove immediately after baking

The residual heat in the oven may cause the cookies to burn if left in the oven cavity.

●If the cookies are cooking unevenly

Switch the position of the metal trays when there are 5–6 minutes of cooking time left. Continue baking.

Manual Cooking

Manual Select

Start Reheat

Metal tray Mid

Water tank Empty

Oven

Preheat 200°C 30–40 min.

(Preheat Yes, 2 Level)

→ P.E-42

- Cook with two trays setting for high heat.

Apple Pie



Ingredients (one 21-cm pie)

100 g flour (bread flour)
100 g flour (cake flour)
140 g butter (chilled and cut into 2-cm squares)
90–110 ml cold water
Apple preserves as needed
Egg glaze:
1/2 egg
1/4 tsp salt

Directions

- 1 Combine the flour in a bowl and sift. Add the butter and mix with your fingers. Add the cold water and continue mixing, taking care to avoid making the mixture sticky.
- 2 Add the pats of butter so that they retain their shape. Cover the entire ball of dough with plastic wrap. Place in the refrigerator and let rest for about an hour.
- 3 Lightly dust a cutting board with flour and place the dough on top. Flatten out the dough into a rectangle with a rolling pin.
- 4 Fold the dough into thirds. Place it folded-side down and flatten out again with the rolling pin. Repeat two or three times.



- 5 Flatten out the dough into a 25 x 40 cm rectangle 3 mm thick. Place the pie pan on top and cut a circle slightly larger than the rim. Cut the remaining dough into eight strips 2 cm wide.
- 6 Lay the circular piece of dough in the pie pan. Trim off the excess dough so that it fits exactly into the pan.



- 7 Use a fork to poke holes in the dough at the base of the pan.



- 8 Fill the pie with apple preserves. Coat the edge of the piecrust with the egg glaze. Lay the strips across the pie, securing at the ends.



- 9 Lay the remaining circular piece of dough around the edge of the pie and press down with a fork. Brush the entire pie with the egg glaze and place it on the metal tray.



- 10 Remove the ceramic tray and press **Oven**, **2 Level**, **200°C**, **30–40 min.** with **Preheat Yes** to preheat.
- 11 Once the beep sounds indicating that preheating is complete, insert the metal tray in the **mid rack** to bake.

Manual Cooking (Oven Heating: Preheat Yes) → P.E-42

Hints for making apple pie

- **Use a metal pie pan**
The pie may not bake properly if you use a glass baking dish.
- **If the dough is difficult to work with**
The dough will become soft if the butter melts. Chill in the refrigerator for 20–30 minutes to make it firmer and easier to work with.
- **Using a premade frozen pie sheet**
To make a 21-cm pie, buy 4 premade pie sheets (about 100 g each). Roll two sheets together to make the pie crust and two to make the strips.
- **If the pie is cooking unevenly**
Rotate the pie pan 180 degrees when there are 10–15 minutes of cooking time left. Resume baking.

Manual Cooking

Manual Select

Start Reheat

Metal tray

Water tank Empty

Microwave

700 W 8–10 min.
700 W 6–8 min.

→ P.E-38

Apple Preserves



Ingredients (for one 21-cm apple pie)

3 Jonathan or Fuji apples
80–120 g sugar
1 tbsp lemon juice
Dash of cinnamon

Directions

- 1 Cut the apples into 4 lengthwise sections and then slice each section crosswise into thin 5-mm wedges. Dunk in salt water and rise briefly. Pat dry.
- 2 Mix the apples and **A** in a large heat-resistant dish. Press **Microwave** **700W**, and enter **8–10 min.** to cook.
- 3 Remove any impurities from the surface of the mixture. Press **Microwave** **700W**, and enter **6–8 min.** to cook a second time. Allow to cool, and then use a strainer to drain.

[Tips]

- Adjust the amount of cinnamon to taste.
- For best results, use Jonathan apples in the autumn when they are in season. You can make enough for several pies and freeze the preserves until they are needed.

Manual Cooking (Microwave Heating) → P.E-38

Manual Cooking

Manual Select

Start Reheat

Metal tray Mid

Water tank Empty

Oven

180°C

(Preheat No, 1 Level)

→ P.E-44

- Refer to directions for heating time.

Brownies



Ingredients (one metal tray)

A

250 g flour (cake flour)
50 g cocoa
1 generous tsp baking powder

150 g sugar
150 g butter (room temperature)
3 eggs (beaten)
100 g chocolate

B

100 g raisins (reconstitute in lukewarm water)
150 g walnuts (coarsely chopped)

Dash of vanilla extract

- Use the ceramic tray when cooking with the microwave function.

Directions

- 1 Cut a cooking sheet into a 28 x 28 cm square. Put a 1-cm cut in each corner and fold in the cut sides.
- 2 Cut a piece of aluminum foil the same size as the cooking sheet and place it in the center of the metal tray. Wrap the front and back ends around the edges of the metal tray to secure. Fold the sides of the foil over two or three times. Stand them up and secure.
- 3 Coat the aluminum foil with a small amount of butter and use it to attach the cooking sheet.
- 4 Break up the chocolate and place it in a bowl. Heat by pressing **Microwave** **200W**, and entering **5–6 min.** to melt, stirring occasionally.
- 5 Put the butter in a bowl and whip with a handheld blender. Add the sugar and mix well. Add in the egg and mix, and then mix in the vanilla extract and chocolate.
- 6 Combine **B** and add to the mixture. Combine **A** and sift. Fold into the mixture, taking care not to make the mixture sticky.
- 7 Pour the batter into the metal tray and smooth out the surface. Remove the ceramic tray and insert the metal tray into the **mid rack**. Press **Oven**, **1 Level**, **180°C**, **26–32 min.** with **Preheat No** to bake.

Manual Cooking (Microwave Heating) → P.E-38

Manual Cooking (Oven Heating: Preheat No) → P.E-44

Muffins



Ingredients (nine 6-cm muffins)

A

250 g flour (cake flour)
3 tbsp baking powder

100 g sugar
150 g butter (room temperature)
2 eggs (beaten)
100 ml milk
Dash of vanilla extract

Directions

- 1 Use a handheld blender to whip the butter. Add the sugar and mix well.
- 2 Add the egg and mix until creamy. Add the vanilla extract.
- 3 Sift the flour and baking soda mixture and combine, stirring briefly with a wooden spoon. Add the milk and mix well.
- 4 Pour the batter into a muffin tin and place on the metal tray. Remove the ceramic tray and insert the metal tray into the **mid rack**. Press **Oven**, **1 Level**, **180°C**, **30–40 min.** with **Preheat No** to bake.

Manual Cooking (Oven Heating: Preheat No)

→ P.E-44

Scones



Ingredients (16 scones)

A

160 g flour (cake flour)
160 g flour (bread flour)
1 1/2 tsp baking powder
60 g sugar

80 g butter (cut into 5-mm squares)

B

1 1/2 eggs (beaten)
50 ml milk

Egg glaze:
1/2 egg
1/4 tsp salt

Directions

- 1 Combine **A** in a bowl and sift. Add the butter and mix with your fingers to combine. The mixture should remain dry and powdery. Add **B** and mix briefly to create a single lump of dough.
- 2 Sandwich the dough between two sheets of plastic wrap. Use a rolling pin to roll flat until it is 1.5 cm thick. Cut out 5-cm circles.
- 3 Cover the metal tray with a cooking sheet and arrange the dough pieces. Coat them with the egg glaze and insert the metal tray into the **mid rack**. Remove the ceramic tray and press **Oven**, **1 Level**, **180°C**, **28–36 min.** with **Preheat No** to bake.

[Tips]

- Feel free to add corn, diced cheese, or raisins to the batter before cooking.

Manual Cooking (Oven Heating: Preheat No) → P.E-44

Desserts (Superheated Steam Oven)

Manual Cooking

Microwave 500 W 4–5 min.
Approx. 4 min. (Preparation)

Manual Select Start Reheat

Superheated Steam (Preheat No) 120°C 24–28 min.

→ P.E-45

Metal tray Mid Ceramic tray

Water tank Full

Soft Pudding



Ingredients (6 pudding cups 7.5 cm wide and 5.5 cm deep)

Caramel sauce:

40 g sugar

1½ tbsp water

½ tbsp water

Custard:

1¼ cups milk

100 ml fresh cream

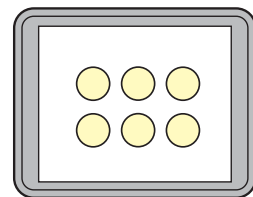
50 g sugar

4 egg yolks (beaten)

Dash of vanilla extract

Directions

- Fill the water tank to the full line, and insert it into the main unit.
- Combine (A) in a heat-resistant bowl. Cook by pressing **Microwave [500W]**, and entering **[4–5 min.]**. Check often, adding the water when the mixture becomes caramel-colored. (Take care to avoid getting splashed by the hot mixture.)
- Add 1 tsp of the hot caramel sauce to each pudding cup.
- Combine B in a bowl. Cook by pressing **Microwave [500W]**, and entering **[Approx. 4 min.]**. Stir in the sugar until it dissolves. Add the eggs and strain the mixture. Add the vanilla extract and pour into the pudding cups.



Arrangement of the soft pudding cups

Manual Cooking (Microwave Heating) → P.E-38

Heat Using Steam Oven Leavening → P.E-45

Manual Cooking

Microwave 700 W 3 min.–4 min. 20 sec.
Approx. 1 min. 10 sec. (Preparation)

Manual Select Start Reheat

Superheated Steam (Preheat No) 110°C 32–38 min.

→ P.E-45

Metal tray Mid Ceramic tray

Water tank Full

Steamed Bread



Ingredients (eight 8-cm aluminum baking cups)

1 egg (beaten)

50 g sugar

1 tbsp salad oil

75 ml milk

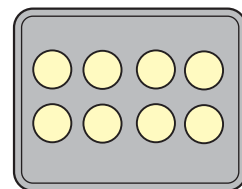
100 g flour (cake flour)

1 tsp baking powder (3 g)

20 g raisins (soaked in rum)

Directions

- Fill the water tank to the full line, and insert it into the main unit.
- Put the egg in a bowl, add the sugar, and mix with a handheld blender.
- Add the salad oil, and then the milk. Mix. Strain the flour and baking powder and fold into the mixture with a wooden spoon, taking care to break up clumps. Pour the batter into the 8 aluminum baking cups and top with the raisins.



Arrangement of the soft pudding cups

- Arrange the cups on the metal tray as shown in the figure and insert the tray into the **mid rack**. Press **Superheated steam**, **Oven**, **[110°C]**, **[32–38 min.]** with **[Preheat No]** to cook.

Heat Using Steam Oven Leavening → P.E-45

Cream Puffs

Manual Cooking

Microwave 700 W 3 min.–4 min. 20 sec.
Approx. 1 min. 10 sec. (Preparation)

Manual Select Start Reheat

Oven (Preheat Yes, 1 Level) Preheat 210°C 26–32 min.

→ P.E-42

Metal tray Mid

Water tank Empty

Cream Puffs



Ingredients (12 cream puffs)

60 g flour (cake flour, sift)

60 g butter (cut into 3–4 pieces)

120 ml water

3–4 eggs (beaten)

Custard cream as needed

Whipped cream, powdered sugar to taste

(Double the recipe for two loaves)

Directions

- Sift the flour to break apart any clumps.
- Combine (A) in a large, heat-resistant bowl. Sift a tsp of flour (not listed) and add to the mix. Heat, uncovered, by pressing **Microwave [700W]**, and entering **[3 min.–4 min. 20 sec.]**.
- Add all of the flour at once, taking care to avoid getting splashed by the hot liquid. Mix thoroughly with a wooden spoon. Cook by pressing **Microwave [700W]**, and entering **[Approx. 1 min. 10 sec.]**.



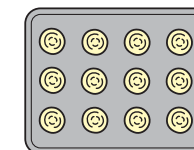
- Add 1/3 of the egg and mix until the mixture becomes thick and sticky.



- Gradually add the rest of the egg and mix together until the batter is so firm that it takes 2 or 3 seconds to drip off of the wooden spoon when lifted out of the bowl.



- Place the batter in a decorating tube fitted with a 1-cm nozzle. Cover the metal tray with aluminum foil and coat lightly with a small amount of butter. Squeeze out 12 balls 3–4 cm in size.



- Press **Oven**, **[1 Level]**, **[210°C]**, **[26–32 min.]** with **[Preheat Yes]** to preheat.
- Once the beep sounds indicating that preheating is complete, insert the metal tray in the **mid rack** to bake.
- When the puffs are finished baking, remove them from the aluminum foil immediately and allow them to cool completely. Make a cut in each one and fill with custard and whipped cream. Top with powdered sugar before serving.

(For two trays, use **Oven**, **[2 Level]**, **[34–44 min.]** with **[Preheat Yes]** to preheat. Once preheating is complete, insert the metal trays into the **mid** and **bottom racks** and bake. Switch the position of the trays when there are 8–10 minutes left of cooking time. Resume baking.

Manual Cooking (Microwave Heating) → P.E-38

Manual Cooking (Oven Heating: Preheat Yes)

→ P.E-42



The butter and water may splatter when heated

To prevent burns, use a deep, heat-resistant bowl and cut the butter into 3 or 4 pieces before adding to the water. Sprinkling a teaspoon of flour in the bowl will help prevent it from splattering.

- Placing the butter in without cutting it into pieces will cause it to splatter.

Hints for making cream puffs

- Bring the butter and water to a full boil**
If the butter and water are not sufficiently boiled, the cream puffs will not brown in the oven or expand properly.
- Add the egg while the batter is still hot**
If the batter cools before the egg is added, you will not be able to get enough egg in the mixture and the cream puffs will bake poorly.
- Add the right amount of egg**
Adding too little egg will make the cream puffs small and dark. Too much egg will prevent them from puffing up in the oven, causing them to come out flat.
- Spray the batter with water**
To prevent the dough from drying out, spray the surface with water while you are waiting for the oven to preheat.

Manual Cooking

Microwave 700 W 6–8 min.

Manual Select Start Reheat

→ P.E-38

Ceramic tray

Water tank Empty

Custard Cream



Ingredients (12 cream puffs)

2 cups milk

2 tbsp flour (cake flour)

2 tbsp corn starch

80 g sugar

3 egg yolks (beaten)

40 g butter

Dash of vanilla extract

Directions

- Combine (A) in a large bowl. Gradually add the milk, stirring together with a whisk.
- Gradually add the egg, mixing thoroughly. Press **Microwave [700W]**, and enter **[6–8 min.]** to cook, stirring occasionally. Combine (B) and add to the mixture, stirring briefly. Chill.

[Tips]

- The custard cream will be thin when it comes out of the oven, but will thicken once it is chilled.

Manual Cooking (Microwave Heating) → P.E-38

Breakfast Combos

Auto Cooking

Manual Select

Superheated steam Grill

17–21 min.

→ P. E-45

Metal tray

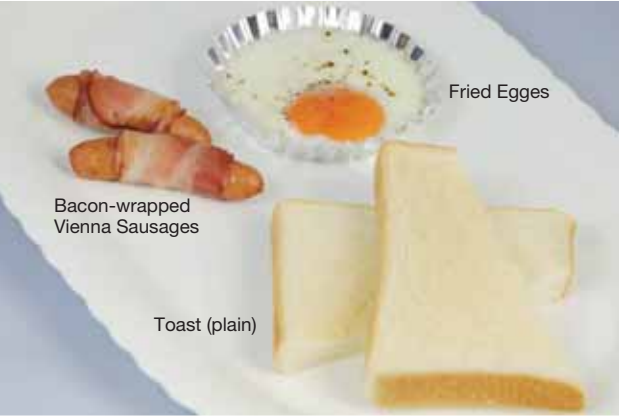
Top Ceramic tray

Water tank

Full

Toast Combos

Main dish (toast) and two sides



Breakfast combo steps

① Fill the water tank to the full line, and insert it into the main unit.

② Select one main dish and two side dishes. Arrange them vertically in the center of the metal tray.

③ Set up the ceramic tray and insert the metal tray into the top rack. Press **Superheated steam**, **Grill**, **17–21 min.** to cook. → P. E-45

CAUTION

Do not cook whole or unbeaten eggs except as indicated in the recipes above .
(whole or unbeaten eggs may explode).
•Always beat eggs before cooking.

Toast (Plain)



Ingredients

2 slices breakfast toast

Directions
Arrange the slices of toast vertically on the metal tray.

Pizza Toast



Ingredients

2 slices breakfast toast
30 g onion (sliced thin)
½ green pepper (sliced thin)
1 strip bacon (cut into 1-cm pieces)
Prepared pizza sauce
Shredded mozzarella cheese

Directions
Spread pizza sauce on one side of the toast pieces. Top with the onion, green pepper, and bacon, then sprinkle with cheese. Arrange the slices of toast vertically on the metal tray.

French Toast



Ingredients

4 slices French bread (1.5–2 cm thick)
① ½ cup milk
② ½ tsp sugar
1 egg (beaten)
Dash of vanilla extract
Butter

Directions
① Combine the ingredients in ① and mix well. Once the sugar is dissolved, add the eggs and vanilla extract and strain. Pour the mixture into a flat-bottomed dish.
② Coat one side of each slice of French bread with butter. Place the slices butter-side up in the egg mixture and allow them to soak briefly.
③ Cover the center of the metal tray with aluminum foil or a cooking sheet and place the bread slices on top. After cooking, sprinkle with a bit of cinnamon sugar as desired.

Side dish (select two)

Fried Eggs



Ingredients

2 eggs
1 tsp water
Dash of salt and pepper

Directions
Coat two aluminum-foil baking cups with a thin layer of salad oil. Crack the eggs and put one in each cup. Sprinkle with water, and then sprinkle lightly with salt and pepper. Place the eggs on the metal tray.

Scrambled Eggs



Ingredients

2 eggs (beaten)
1 tbsp milk
① 1 tsp sugar
Dash of salt

Directions
① Combine ①. Add it to the eggs and stir. Pour into individual baking cups and place the cups on the metal tray.
② Once cooked, scramble immediately.

Tuna-topped Tomato



Ingredients

2 tomato slices (1.5 cm thick)
① ⅓ small can tuna
20 g onion (sliced thin)
② 1 tsp mayonnaise
Dash of salt and pepper
Dried parsley (see → P. E-89)
Shredded mozzarella cheese

Directions
Place each tomato slice in an aluminum-foil baking cup. Combine ① and arrange on top of each slice. Top with a piece of dried parsley and place on the metal tray.

Bacon-wrapped Vienna Sausages



Ingredients

4 Vienna sausages
2 strips bacon (cut in half)

Directions
Wrap the Vienna sausages in the cut bacon strips and secure with a toothpick. Place in aluminum-foil baking cups, two to each cup. Place on the metal tray.

Breakfast combo hints

●Make two servings at a time. Choose one main dish and two side dishes from among those listed. Other combinations will not cook properly.

●Use baking cups made from aluminum foil or other oven-safe materials. If you use ceramic or glass baking cups, use shallow, flat-bottomed dishes 3–4 cm deep.

●Lightly coating the baking cups with butter or salad oil before cooking will prevent the food from sticking.

●When using toothpicks, make sure that they are resting horizontally in the oven before cooking.

●Only one side of the toast slices prepared as part of a breakfast combo will brown.

●If your food is underdone, first remove the dishes that are completely cooked. Use the **Grill** function to manually cook the rest, checking the food often. → P. E-41

Homemade Foods (Meat)

Auto Cooking

Start Reheat

24 Homemade Foods

→ P. E-35

Microwave

Oven

Steam

Rack

Ceramic tray

Water tank

Full

Homemade Sausage



Ingredients (4 servings)

400 g ground pork
1 tbsp grated onion
1 tsp garlic (grated)
3 tbsp milk
2 tbsp starch
1 ½ tsp salt
Dash each of pepper, nutmeg, paprika, clove, thyme, or other spices
Dash of salad oil

Directions
① Fill the water tank to the full line, and insert it into the main unit.
② Combine all the ingredients and mix well. Shape into a single patty. Place a small amount of salad oil on your hands. Holding the patty in one hand, use the other to lightly pound the meat smooth and remove air bubbles.
③ Form the meat into an oblong shape approximately 7 cm in diameter. Use a cooking sheet to roll it up, and then tie both ends.
④ Place the roll on top of the rack. Put the rack on the ceramic tray and press **24 Homemade Foods** to cook.

[Tips]
●The spices in the sausage allow it to retain its freshness and taste for up to a week if refrigerated.
●Serve as hors d'oeuvre or use as an ingredient in salads or fried rice.
●Allow to cool the sausage and take out cooking sheet. Put it on the rack, press **24 Homemade Foods**, and set doneness adjustment to **M-LO** to cook Salami Sausage.



Homemade Foods (Fish and Fruits and Vegetables)

Auto Cooking

Start Reheat

24 Homemade Foods

P.E-35

Microwave
Oven
Steam

Rack
Ceramic tray

Water tank
Full

Salmon Terrine



- Ingredients
- (one 18 x 8 cm glass baking dish)
- 5 pieces raw salmon (about 100 g each)
- 1 tbsp white wine
- 2 egg whites
- 1 cup fresh cream
- 1/3 tsp salt
- Dash of pepper
- 1 tsp paprika
- 12 black olives (seeded)

- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
- 2 Remove the skin and bones from the salmon and cut into bite-size pieces. Use a mortar to crush the pieces into a paste.
- 3 Add the white wine, egg whites, fresh cream, salt, pepper, and paprika. Mix well.
- 4 Cut the black olives in half. Cover the baking dish with a cooking sheet. Press in the salmon mixture, distributing the olives evenly. Flatten the top.
- 5 Place the dish in the center of the rack. Put the rack on the ceramic tray. Press 24 Homemade Foods to cook.

- [Tips]
- If the surface of the loaf begins to dry out, cut a piece of cooking sheet slightly smaller than the top of the loaf and lay it on top while cooking.

Auto Cooking

Start Reheat

24 Homemade Foods

P.E-35

Microwave
Oven
Steam

Rack
Ceramic tray

Water tank
Full

Dried Herbs and Spices

Doneness Adjustment LO



- Ingredients
- 20–50 g celery leaves
- 20–50 g parsley (divided)
- 50 g orange peel (white fiber removed and julienned)
- 30 g each of dill, chervil, thyme, sage, peppermint

- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
- 2 Select the desired ingredients. Rinse thoroughly and pat dry with a paper towel.
- 3 Cover the rack with cooking sheet and spread the ingredients on top. Put the rack on the ceramic tray. Press 24 Homemade Foods and set the doneness adjustment to LO to cook. (Depending on how quickly the ingredients dry out, you may have to repeat the cooking cycle.)
- 4 Ingredients other than the orange peel can be crumbled by hand once they are dried.

- [Tips]
- Remove dried celery and parsley when they are richly colored and can be crushed by pinching between your fingers.

Auto Cooking

Start Reheat

24 Homemade Foods

P.E-35

Microwave
Oven
Steam

Rack
Ceramic tray

Water tank
Full

Dried Fruit Assortment

Bananas, apples, kiwi, blueberries, grapes, strawberries, pineapple

Doneness Adjustment LO



- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
- 2 Select and prepare the ingredients
- Peel 3 or 4 kiwi and a 1/4 pineapple and cut into thin (3–4 mm) slices.
- Rinse the strawberries (one pack) individually and then dry. Cut into thin (3–4 mm) slices.
- Peel 2 bananas (200 g each) and cut into 5-mm slices. Sprinkle with the juice of half a lemon and let stand for a minute before drying.
- Rinse the apple well and cut it into 4 lengthwise pieces, removing the core. Slice each piece thinly and dunk in saltwater before rinsing in plain water and drying.
- Rinse the blueberries (one pack) well and cut each one in half
- 3 Cover the rack with cooking sheet and place the fruit on top. Put the rack on the ceramic tray. Press 24 Homemade Foods and set the doneness adjustment to LO to cook.
- 4 Continue cooking with the 24 Homemade Foods and LO doneness adjustment, checking the fruit often.

- [Tips]
- Cooking times will vary depending on the amount, shape, thickness, and water content of the fruit. Be sure to check the fruit often and adjust cooking times as needed.

Auto Cooking

Start Reheat

24 Homemade Foods

P.E-35

Microwave
Oven
Steam

Rack
Ceramic tray

Water tank
Full

Homemade Ham



- Ingredients (4 servings)
- 500 g whole pork loin
- 2 tbsp salt
- 2 tsp sugar
- 3 tbsp white wine
- 20 g each onion and carrot (both sliced thin)
- Small amount celery leaves
- 1 clove garlic (sliced thin)
- Dash each of assorted spices (pepper, nutmeg, paprika, clove, thyme, rosemary, etc.)
- 1 tsp each sugar and salad oil

- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
- 2 Poke holes in the surface of the pork with a fork, and then rub in the salt and sugar. Combine the ingredients in A and transfer them to a sealable plastic bag. Add the pork and seal the bag, removing the air from inside.
- 3 Place 2 in a dish and weigh down with a heavy (500 g) stone. Let marinate for 2–3 days in the refrigerator.
- 4 Remove the pork from the bag and place it in a dish filled with water. Let sit in the refrigerator for about half a day, changing the water occasionally.
- 5 Drain the pork and pat dry with a paper towel. Coat with the sugar and salad oil mixture. Place the meat on top of the rack. Put the rack on the ceramic tray and press 24 Homemade Foods to cook.
- 6 Let the ham cool completely before wrapping it in plastic wrap and chilling it in the refrigerator.

- [Tips]
- Because homemade ham contains no preservatives, it will spoil quickly. Do not keep longer than one week.
- If serving alone as an hors d'oeuvre, soak for 24 hours to lower the salt content.

Auto Cooking

Start Reheat

24 Homemade Foods

P.E-35

Microwave
Oven
Steam

Rack
Ceramic tray

Water tank
Full

Beef Jerky (plain)

Doneness Adjustment LO



- Ingredients
- 150–200 g lean beef (sliced thin)
- Dash of salt and pepper

- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
- 2 Sprinkle the meat with salt and pepper. Place the roll on top of the rack, distributing weight evenly.
- 3 Put 2 on the ceramic tray. Press 24 Homemade Foods and set the doneness adjustment to LO to cook. Turn occasionally while cooking.
- 4 Continue cooking with the 24 Homemade Foods and LO doneness adjustment, checking the beef often.

Hints for using the 24 Homemade Foods function

- Two different settings
- The homemade foods function can be used in two ways. To make dried fruits and vegetables, use the 24 Homemade Foods function with the LO doneness adjustment. To make homemade ham or sausage, cook your food slowly using the 24 Homemade Foods function with the MED or HI doneness adjustment.
- Number of servings
- You should only cook between 80–130% of the amount of ingredients indicated in the recipes at one time.
- Accessories used
- Food is heated on the rack.
- If ingredients are too small and cannot be put on the rack, cover the rack with cooking sheet and put the ingredients on top to cook.
- Making dried foods with 24 Homemade Foods on LO
- Cooking times will vary depending on the amount, shape, thickness, and water content of the food you are drying. Be sure to check the food often and adjust cooking times as needed.
- Maximum cooking times
- The LO doneness adjustment can be set for a maximum of 60 minutes. The M-HI and HI adjustments can be set for up to 90 minutes. Certain recipes require cooking times of two or three hours. For these items, you must use two or three consecutive cooking cycles.
- If your food is underdone
- If foods like homemade ham or sausage are underdone, set the doneness adjustment to M-LO and continue cooking, checking the food often.

Homemade Foods (Yogurt)

Manual Cooking

Microwave 700 W 5–7 min.
(Preparation)

Manual Select

Start Reheat

Steam

Microwave

→ P. E-46

Steam

Microwave fermentation

120–180 min.

Ceramic tray

Water tank

Full

Yogurt

Doneness Adjustment | M-LO

Ingredients (4 servings)
500 ml milk (at least 3.0% milk fat)
50–100 g plain yogurt (used as a starter culture)

- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
 - 2 Prepare a lidded baking dish by sterilizing it with boiling water. Let dry.
 - 3 Pour the milk into the dish and replace the lid. Cook by pressing **Microwave** **700W**, and entering **5–7 min.**. Heat to about 80°C.
 - 4 Let the milk cool until it is lukewarm. Add the yogurt and stir well until evenly dissolved.
 - 5 Replace the lid and ferment by pressing **Steam** **Microwave** **Leaven**, **20W**, and enter **Approx. 90 min.**
 - 6 When the beep sounds, press **Steam** **Microwave** **Leaven**, **20W**, and enter **Approx. 60–90 min.** Continue fermenting until the milk reaches the desired firmness.
 - 7 When the yogurt is finished, let it cool before placing it in the refrigerator to chill.

- Enjoy with your favorite jam or fruit, or use as an ingredient in curries or tandoori chicken.
- Homemade jams
Yogurt can also be eaten with homemade preserves → P. E-75

Manual Cooking (Microwave Heating) → P. E-38

Heat Using Steam Microwave Leaving → P. E-46



Yogurt hints

- **Number of servings**
The recipe is designed for 500 ml of milk. Using more milk will require adjusting the cooking and fermenting settings.
- **Use a lidded baking dish**
Sterilize the baking dish with boiling water immediately before using it and let dry completely. Also make sure to use clean spoons and measuring cups.
- **Selecting milk**
Use regular fresh milk with a fat content of at least 3.0%. Using low fat milk will result in watery yogurt. Even milk pasteurized at high temperature (marked at 120–140°C) should be heated to about 80°C before using. Lactic bacteria cannot live at temperatures above 60°C. Make sure the milk is at the right temperature before adding the yogurt.
- **About yogurt starter cultures**
 - Use commercially available fresh, plain yogurt (nonfat solids content 9.5%, milk fat 3.0%)
 - Using yogurt with a different nonfat solids or milk fat content, or with sugar or fruit added, will result in inferior yogurt.
 - The more starter culture you use, the easier it is to make the yogurt.
 - Do not use the homemade yogurt as a starter culture to make more yogurt.
- **Determining when the yogurt is done**
The yogurt is done when the milk becomes firm. Immediately let the mixture cool and store it in the refrigerator. Continuing to ferment the yogurt once it is done will cause it to go sour.
- **Storage and expiration period**
Store the yogurt in the refrigerator and eat within two or three days.

Crispy Cooking
(Chilled) (Frozen Prepared Foods)

Auto Cooking

Start Reheat

9 Crispy Cooking (Chilled)

→ P. E-26

Microwave

Oven

Superheated steam

Grill

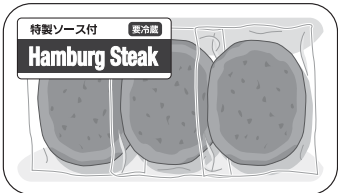
Rack

Ceramic tray

Water tank

Full

Hamburg Steak, Chicken Steak



Ingredients
1–6 prepared Hamburg steaks (chilled)
OR
1–6 prepared chicken steaks (chilled)

- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
 - 2 Remove the Hamburg or chicken steaks from their packaging. Place the steaks in the center of the rack, and set the rack on the ceramic tray. Press **9 Crispy Cooking (Chilled)** to cook.

[Tips]
• If sauce is included with the prepared steaks, add it after cooking.

Auto Cooking

Start Reheat

10 Crispy Cooking (Frozen)

→ P. E-26

Microwave

Oven

Superheated steam

Grill

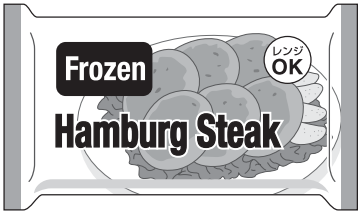
Rack

Ceramic tray

Water tank

Full

Frozen Hamburg Steak



Ingredients
9–18 frozen mini Hamburg steaks

- Directions
- 1 Fill the water tank to the full line, and insert it into the main unit.
 - 2 Remove the Hamburg steaks from their packaging. Place the Hamburg in the center of the rack, and set the rack on the ceramic tray. Press **10 Crispy Cooking (Frozen)** to cook.

[Tips]
• If sauce is included with the prepared steaks, add it after cooking. Putting the sauce on beforehand may cause the food to pop or burst.

CAUTION

Cooking small amounts of food with the **9 Crispy Cooking (Chilled)** or **10 Crispy Cooking (Frozen)** functions may cause it to burn. If each piece of food is less than 50 g, increase the number of pieces until there are at least 100 g before cooking.

Hints for using the **9 Crispy Cooking (Chilled)** **10 Crispy Cooking (Frozen)** functions.

● **Number of servings**
Cook between one (about 100 g) and six servings at a time. (Other serving amounts cannot be cooked using the auto cook function.)

● **Place the food in the center of the rack**
If there are more than two pieces of food, arrange them towards the center of the rack.

● **Cooking prepared side dishes**
See → P. E-28 for instructions on cooking chilled or frozen side dishes.

● **If your food is underdone**
Use the **Grill** function to continue cooking manually, checking the food often.

→ P. E-41

Leafy Vegetables and Root Vegetables

Steam Reheating

Auto Cooking

Start Reheat

Microwave

7 Leafy Vegetables

8 Root Vegetables

→ P.E-34

Ceramic tray

Water tank

Empty

Italian Salad



Ingredients (4 servings)

200 g string beans
2 large potatoes (400 g)
12 slices salami
60 g white cheese (cut into 1-cm cubes)
12 pimento-stuffed olives (sliced thin)
8 anchovy fillets (finely chopped)
¼ cup onion (diced) (50 g)
1 tbsp parsley (chopped)
1 tbsp lemon juice
Dash of pepper
½ cup olive oil
Lemon slices to taste

Directions

1

Remove the stems from the string beans. Cut longer ones in half and cover in plastic wrap. Cook using the 7 Leafy Vegetables function.

2

Wash and scrub the potatoes. Do not peel. Cover in plastic wrap and cook using the 8 Root Vegetables function. Peel while still hot and cut into 1-cm semicircles.

3

Combine ① in a bowl. Stir together, adding the olive oil to make the dressing.

4

Pour the dressing over the rest of the ingredients. Transfer to bowls and serve with lemon wedges.



Vinegared Cabbage

Ingredients (4 servings)

200 g cabbage (cut into bite-size pieces)
2 tbsp vinegar
1 tbsp soy sauce
½ tsp each sugar and sesame oil
Dash each of chili oil and Thai pepper (sliced thin)

Directions

1

Cover the cabbage in plastic wrap and cook using the 7 Leafy Vegetables function. Drain.

2

In a bowl, combine the ingredients in ①. Press Microwave 700W, and enter 30–40 sec. to cook. Allow to cool, and then add to the cabbage. Chill the mixture in the refrigerator.

Manual Cooking (Microwave Heating) → P.E-38

Potato Salad



Ingredients/Directions

Cube two medium potatoes and one small carrot. Cover each in plastic wrap and cook using the 8 Root Vegetables function. Add a cubed cucumber, mayonnaise to taste, and a dash of salt and pepper.

Reheating Rice

Auto Cooking

Start Reheat

Microwave Steam

3 Steam Reheat

→ P.E-26

Ceramic tray

Water tank

Full



Ingredients (one serving)

1 cup cold rice (150 g)

Directions

1

Fill the water tank to the full line, and insert it into the main unit.

2

Leave the rice uncovered. Press 3 Steam Reheat to heat.

Reheating Side Dishes



Ingredients

100–500 g steamed meat dumplings, Japanese style fried noodles, or other side dish

Directions

1

Fill the water tank to the full line, and insert it into the main unit.

2

Leave the steamed meat dumplings uncovered. Press 3 Steam Reheat to heat.

Hints for using the 3 Steam Reheat function

• See → P.E-28 for hints and tips

• This function will not work well for frozen rice or prepared frozen side dishes. Use the 2 Defrost & Reheat or 10 Crispy Cooking (Frozen) functions instead.

→ P.E-26–E-27

Beverages and Instant Foods

Auto Cooking

Start Reheat

Microwave 200 W

2 min.–2 min. 20 sec. (Preparation)

5 Milk

34 Milk

→ P.E-29–E-31

Ceramic tray

Water tank

Empty

Hot Chocolate



Ingredients (one serving)

1 cup milk
30 g chocolate bar
½ tsp honey

Directions

1

Pour the milk into a mug or glass.

2

Break up the chocolate and place in a small bowl. Add the honey and 2 tbsp of the milk. Press Microwave 200W, and enter 2 min.–2 min. 20 sec. to melt. Stir well.

3

Add ② to the milk and mix well. Press 5 Milk or 34 Milk with the doneness adjustment set to HI to warm.

Manual Cooking (Microwave Heating) → P.E-38

Auto Cooking

Start Reheat

Microwave

5 Milk

34 Milk

→ P.E-29–E-31

Ceramic tray

Water tank

Empty

Warm Milk



Pour the milk into a mug or glass. Press 5 Milk or 34 Milk to warm.

[Tips]

• See hints for warming milk on → P.E-28

• See → P.E-29–E-31 for My Menu 34 Milk function

Instant foods

• If microwave instructions are printed on the packaging, refer to them for cooking.
(1 ml = 1 cc)

Type of food	Directions and hints	Cooking time
Ramen and other instant noodles (bag or foam bowl) 	Remove the noodles from their cup or bag and transfer to a ceramic or heat-resistant bowl. Add 400–500 ml water (enough to cover the noodles) and cover with plastic wrap as shown. • Add the seasonings as indicated by the manufacturer. • Use a bowl that allows you to completely submerge the noodles in water. • Stir well after heating 	Cup noodles (standard size) Microwave 700W 4–5 min. → P.E-38 Bagged ramen noodles Microwave 700W 6–7 min. → P.E-38
Curry or rice bowl toppings (ready-made boil-in-bag type) 	Remove the food from the bag and transfer to a ceramic or heat-resistant bowl. Cover with plastic wrap or a lid. • Stir well after heating. • Dishes like rice porridge should be left to stand for a few minutes after cooking to soften. Note: Sauces that contain squid, shrimp, whole mushrooms, or similar ingredients may splatter, as can curries and other thick sauces. (Remove whole mushrooms before cooking and add them once heating is complete.)	1 Reheat
Rice dishes (Vacuum packed) 	Remove the rice from its packaging and transfer to a ceramic or heat-resistant bowl. Break up the rice into small chunks and cover with plastic wrap or a lid. • Stir well after heating. • Follow the manufacturer's directions if cooking in the original packaging. Poke holes in the top or vent, and then place the package in the center of the ceramic tray in the oven cavity. Use the manual cooking function to cook. • Follow the cooking times printed on the package, checking the rice often. → P.E-22	1 Reheat

Asia & Middle-East Specialty

Manual Cooking

Microwave
600W
(Preparation)

Manual Select

Start Reheat

Oven
(Preheat Yes, 1 Level)

Preheat
230°C
7–9 min.

→P.E-42

Metal tray
Mid

Water tank

Empty

Spicy Prawn Rolls



- Ingredients**
- One cup = 250ml
 - 2 macadamia nuts (10 g)
 - 5 g peeled turmeric
 - ¼ tsp shrimp paste
 - 2 tbsp sugar
 - ⅛ tsp granulated salt
 - 2 tbsp concentrated ripe tamarind juice
 - 85 g dried prawn soaked in water and crushed
 - 1 cup vegetable oil
 - 30 g sliced green goat pepper
 - 30 g sliced red goat pepper
 - 30 g peeled and sliced garlic
 - 55 g peeled and sliced shallot
 - 2 springs of sliced lemongrass (obliquely cut)
 - 40 12.5–12.5 cm spring roll sheets
 - Vegetable oil for coating the spring roll sheets

Directions

① Combine and then crush the macadamia, turmeric, and shrimp paste.

② Add the sugar, granulated salt, ripe tamarind juice, and dried prawn, and mix thoroughly.

③ Put the vegetable oil in a bowl. Place the bowl in the microwave. Press **Microwave** **600W** and enter **3–5 min.** to cook until the oil is hot. Take the bowl out of the microwave. Add the shallot, green goat pepper and red goat pepper, and mix thoroughly. Place the bowl back in the microwave. Press **Microwave** **600W** and enter **4–5 min.** to cook.

④ Remove the bowl from the microwave. Add the garlic and lemongrass to the vegetable oil, and mix thoroughly. Place the bowl in the microwave. Press **Microwave** **600W** and enter **8–10 min.** to cook. Check the food often and mix thoroughly.

⑤ Crush the garlic, shallot, lemongrass,

Manual Cooking

Manual Select

Start Reheat

Oven
(Preheat No, 1 Level)

230°C
15–20 min.

→P.E-44

Metal tray
Mid

Water tank

Empty

Spicy Fish Grilled in Banana Leaves (Otak-Otak Panggang)



- Ingredients**
- 5 tbsp undiluted coconut milk
 - 300 g spanish mackerel
 - 3 tbsp water
 - ⅛ tsp granulated salt
 - ½ egg
 - 2 tsp sliced kaffir lime leaf
 - 1 tsp sliced kaffir lime peel
 - Banana leaves
 - Ingredients for Spice (Rempah)
 - 60 g peeled onion
 - 10 g peeled and sliced galangal
 - 1 crushed macadamia nut
 - 6 pieces dried goat pepper soaked in water
 - ¾ tsp shrimp paste
 - 6 g peeled and sliced turmeric
 - Ingredients for Seasoning
 - 1 tsp Sugar
 - ½ tsp granulated salt
 - 1 tbsp vegetable oil
 - 1 ½ tsp roasted and ground coriander seeds

and goat peppers, and set aside.

⑥ Combine all the ingredients. Place the bowl in the microwave. Press **Microwave** **600W** and enter **1 min.–1 min. 30 sec.** to cook. Take the bowl out of the microwave and mix thoroughly. After allowing to cool, roll the mixture into 2.5 cm long sticks.

Wrapping Directions

① Cut each of the spring roll sheets in half. Fill each sheet with filling, roll it a little, fold both sides, and then continue rolling it to the ends. Finally, seal the sheet with paste.

② Cover the metal tray with a cooking sheet. Thoroughly coat each roll with vegetable oil. Lay 20 rolls on a cooking sheet. Remove the ceramic tray. Press **Oven**, **1Level**, **230°C** and enter

Directions

① Put all the spice ingredients in the blender, blend thoroughly, and then put it aside.

② Scrape half of the fish meat off the bone with a spoon and slice the other half into small pieces.

③ Finely chop the scraped fish meat until it becomes smooth. Dissolve the granulated salt in water, and then add the saltwater to the scraped fish until it becomes sticky.

④ Add the undiluted coconut milk, and mix or blend the mixture. Add the egg, blended spices (from ①), and seasoning ingredients, and mix thoroughly. Add the sliced fish meat, kaffir lime leaves, and kaffir lime peel. Mix thoroughly.

⑤ Scoop up the mixture and put it on the banana leaf. Spread the mixture until it is about 5x12 cm in size and then fold the banana leaf horizontally so that the leaf overlaps. Pin both tips of the banana leaf with a toothpick.

⑥ Lay 5 packs of the mixture on the center of the metal tray. Remove the ceramic tray. Place the metal tray on the **mid rack** and press **Oven**, **1Level**, **230°C**, **15–20 min.** with **Preheat No** to cook. Take the metal tray out of the microwave. Serve while hot.

Manual Cooking (Oven Heating: Preheat No) →P.E-44

[Tips]

- Makes 4–5 servings
- 1 pack of Spicy Fish Grilled in Banana Leaves uses 35 g of raw ingredients.
- The leaf looks dry outside with a slight burn mark, but is damp inside.

7–9 min with **Preheat Yes** to preheat.

③ Once the beep sounds indicating that preheat is complete, insert the metal tray into the **mid rack** to cook. Take the metal tray out of the microwave. Leave the rolls on the grill to allow them to cool down. Keep the rolls in the closed container. Serve the rolls as snack with a cup of tea.

Manual Cooking (Microwave Heating) →P.E-38

Manual Cooking (Oven Heating: Preheat Yes) →P.E-42

Note:

You can make the paste by mixing cassava (potato flour) into the water and then stirring the mixture at low heat.

Manual Cooking

Microwave
600W
(Preparation)

Manual Select

Start Reheat

Microwave

Microwave
600 W
4–5 min.

→P.E-38

Ceramic tray

Water tank

Empty

Glutinous Rice Dumpling with Pork Filling (Kuih Chang Babi)



- Ingredients for Sticky Rice**
- One cup = 250ml.
 - 500 g sticky rice
 - 2 tsp soy sauce
 - ½ tsp granulated salt
 - 1 tsp ground pepper
 - 1 cup pork broth
 - ¾ cup water
 - 3 tbsp lard
 - Soft boiled bamboo leaves
 - Ingredients for Fillings**
 - 1 ½ cups water
 - 300 g pork with fat
 - 30 g leaf lard
 - 3 tbsp lard or vegetable oil
 - 60 g peeled and finally chopped shallot
 - 15 g peeled and finally chopped garlic
 - ¾ tsp granulated salt
 - 3 tsp sugar
 - 2 tsp ground pepper
 - 5 tsp soy sauce
 - 15 g dried Chinese mushroom soaked in water and diced
 - 1 tbsp roasted and pounded coriander seeds
 - 1 tbsp oyster sauce
 - 1 tsp sweet black soy sauce

Directions

① Combine the water, pork, and leaf lard in a bowl. Place the bowl in the microwave and close the lid. Press **Microwave** **600W** and enter **5–7 min.** to cook until it is well cooked. Take the bowl out of the microwave. Let the pork cool, and then dice it into small pieces. Using a sieve, pour out the soup and set it aside.

② Mix the lard, garlic, shallot, and Chinese mushroom together. Put it in the microwave. Press **Microwave** **600W** and enter **4–5 min.** to cook until the mixture has a nice aroma. Take it out of the microwave. Mix well.

③ Flavor with granulated salt, sugar, 1/2 cup of sieved soup, ground pepper, soy sauce, oyster sauce, sweet black soy sauce, coriander seeds, pork, and leaf lard. Mix the ingredients. Place the bowl in the microwave. Press **Microwave** **600W** and enter **10–12 min.** to cook. After cooking for 5 minutes, remove the bowl, mix the ingredients, put the bowl back in the microwave, and then cook for the remaining time. Take the bowl out of the microwave. Mix the ingredients again until almost dry, and then set it aside.

④ Thoroughly wash the sticky rice with water, and then discard the water. Soak the sticky rice in water for 1 hour, and then drain the water.

⑤ Add lard to a bowl. Place the bowl in the microwave. Press **Microwave** **600W** and enter **4–5 min.** to cook until it is hot. Take the bowl out of the microwave. Fry the sticky rice in the hot lard. Add soup, water, granulated salt, ground pepper, and soy sauce. Stir. Place the bowl in the microwave and close the lid. Press **Microwave** **600W** and enter **13–14 min.** to cook until it is well cooked. Take the bowl out of the microwave. Stir the sticky rice and close the lid.

- When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

Wrapping the rice

① Fold the bamboo leaf into a cone. Fill the cone with 2 teaspoons of filling and sticky rice, and then add stir-fried sticky rice, pushing it tightly into the cone.

② Shape the surface of the sticky rice so that it is in the cone evenly.

③ Add 2 to 3 tablespoons more of filling followed by sticky rice until the cone is full.

④ Fold the bamboo leaf around the sticky rice and tie it tightly with string.

⑤ Using the string, tie the bamboo cones into bunches of 5. Put the cones into a container. Put the container in the microwave and close the lid. Press **Microwave** **600W** and enter **4–5 min.** to cook. Take the cones out of the microwave, and serve while hot.

Manual Cooking (Microwave Heating) →P.E-38

[Tips]

- Makes 6–8 servings
- You can wrap the fillings with other kinds of leaf, such as pandanus and bamboo. When using bamboo leaf, first soften it by soaking it in water and then boiling it.

Manual Cooking

Microwave
600W
(Preparation)

Manual Select

Start Reheat

Microwave

Microwave
600 W
10-12 min.

→P.E-38



Ceramic tray

Water tank

Empty

Stewed Vegetable Nyonya Style
(Chap Chye Masak Titik)



Ingredients

- One cup = 250ml.
- 250 g pork belly
- 1/8tsp granulated salt
- 1 1/2 cups water
- 250 g peeled shrimp with tail
- 30 g clean ear mushroom
- 80 g golden needles mushroom (without root)
- 30 g soaked vermicelli
- 60 g bean curd skin
- Vegetable oil
- 30 g fermented whole soybeans (use only soybeans)
- 500 g chopped cabbage
- 60 g soft Chinese mushroom soaked in warm water

Ingredients for Spice (Rempah)

- 120 g peeled shallot
- 4 crushed macadamia nuts
- 15 g red goat pepper
- 2 tbsp shrimp paste

Ingredients for Flavoring Sauce

- 1/2tsp granulated salt
- 2 tsp sugar

Directions

❶ Combine the pork belly, water, and granulated salt in a bowl. Place the bowl in the microwave and close the lid. Press **Microwave|600W|**and enter **10-12 min.** to cook. Take the bowl out of the microwave. While the pork is warm, thinly slice it. Drain the hot water through a sieve to use as broth.

❷ Put all the spice ingredients in the blender and blend thoroughly, and then set them aside.

❸ Add 1/3 cup of the vegetable oil to the bowl. Place the bown in the microwave. Press **Microwave|600W|**and enter **3-5 min.** to cook until it is hot. Remove the bowl from the microwave and add half of the soaked bean curd skin (30 g) to the oil. Stir. Place the bowl back in the microwave. Press **Microwave|600W|**and enter **3-5 min.** to cook. Take the bowl out of the microwave. Use a

Manual Cooking

Microwave
600W
(Preparation)

Manual Select

Start Reheat

Microwave

Microwave
600 W
1-3 min.

→P.E-38



Ceramic tray

Water tank

Empty

Fish in Spicy Tamarind Gravy
(Asam Gulai)



Ingredients

- One cup = 250ml.
- 1 piece dried garcenia/senna
- 3/4 tsp sugar
- 1/8 tsp granulated salt
- 9 okra pods
- 1 tbsp vegetable oil
- 1/2 cup water
- 6 peeled shrimps with tail

Ingredients for Curry Paste (Rempah)

- 1 sliced lemongrass
- 1/4 tsp sliced turmeric
- 5 pieces dried goat pepper soaked in water
- 5 shallot bulbs
- 1 clove garlic

Ingredients for Seasoning

- 1 3/4 tsp sugar
- 1/2 tsp granulated salt
- 1 cup ripe tamarind juice

ladle to drain the oil from the bean curd skin. Add the rest of bean curd skin to the bowl.

• When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

❷ Add 2 tablespoons of vegetable oil, spice ingredients, and the fermented whole soybeans to the bowl and stir. Place the bowl in the microwave. Press **Microwave|600W|**and enter **3-5 min.** to cook. Take the bowl out of the microwave and stir.

❸ Add shrimp to the bowl from ❷, put it in the microwave, and close the lid. Press **Microwave|600W|**and enter **2-3 min.** to cook. Open the microwave. Take out the bowl and stir.

❹ Add the cabbage, pork, and all the ingredients to the bowl, and then flavor with

Directions

❶ Thoroughly mix the dried garcenia, sugar, granulated salt, and water. Add the okra to the mixture and let sit for 10 minutes. Place the bowl in the microwave and close the lid. Press **Microwave|600W|**and enter **3 min. 30 sec.-4 min.** to cook. Take the bowl out of the microwave. Ladle the okra, and then cool and preserve their green color by soaking them in cold water. Lift the ladle to drain the water.

❷ Thoroughly grind or crush the curry paste ingredients.

❸ Put the vegetable oil and curry paste in the bowl and mix well. Place the bowl in the microwave. Heat the curry paste by pressing **Microwave|600W|**, and enter **1 min.-1 min. 30 sec.** until it makes a nice aroma. Take the bowl out of the microwave.

❹ Flavor with the ripe tamarind juice, sugar, and granulated salt, and mix well. Place the bowl in the microwave and close the lid. Press **Microwave|600W|**and enter **3-4 min.** to cook. Take the bowl out of the microwave. Add the shrimp and mix well. Place the bowl in the microwave again and close the lid. Press **Microwave|600W|**and enter **1-3 min.** to cook until it is well cooked. Take the bowl out of the microwave.

❺ Add the okra to the bowl from ❹ and mix well. Put it in the serving dish and serve while hot.

Manual Cooking (Microwave Heating) **→P.E-38**

[Tips]

- Makes 2-3 servings
- To preserve the green color of the vegetables, promptly move them from boiling water to ice cold water, changing the water often so that the vegetables quickly cool.
- You can make ripe tamarind juice by soaking 1 1/2 teaspoons of ripe tamarind in a cup of water (1 measuring cup), letting it sit for a while, and then pouring it through a sieve to get the juice.

the pork broth from ❶. Stir. Place the bowl in the microwave and close the lid. Press **Microwave|600W|**and enter **10-12 min.** to cook. After the first 5 minutes, remove the bowl from the microwave and stir. Put it back into the microwave and continue cooking until the time is up. Take it out of the microwave.

❷ Stir, and then place the Chap Chye Masak Titik on a dish and serve while hot. Manual Cooking (Microwave Heating) **→P.E-38**

[Tips]

- Makes 5-6 servings
- Medium boil the pork.
- Do not make the shrimp paste too salty. If the shrimp paste is too salty, reduce the amount of salt and fermented whole soybeans.
- 60 g of bean curd skin will weigh 190 g after soaking in water to soften.

Manual Cooking

Grill 21-26 min.
Microwave 600W
4-5 min.
(Preparation)

Manual Select

Start Reheat

Microwave

Microwave
600 W
8-11 min.

→P.E-38



Ceramic tray

Water tank

Empty

Chicken in Rich Spicy Gravy
(Ayam Kleo)



Ingredients

- One cup = 250ml.
- 650 g bone-in chicken
- 3/4 cup undiluted coconut milk
- 1/2 tsp granulated salt
- 4 tsp water

Ingredients for Spice (Rempah)

- 2 dried chilis
- 1 red goat pepper
- 1 tsp sliced lemongrass
- 4 pieces crushed macadamia
- 1 1/2 tsp peeled ginger
- 1/4 tsp peeled turmeric
- 2 cloves peeled garlic
- 6-8 peeled shallot

Ingredients for Seasoning

- 1/2 tsp granulated salt
- 1/2 piece dried garcenia
- 2 kaffir lime leaves
- 1 sprig pounded and cut lemongrass

Directions

❶ Put all the spice ingredients in the blender and blend thoroughly.

❷ Sprinkle the chicken with granulated salt. Add 1 tablespoon of ground spices from ❶. Add water. Mix well and let sit for 20 minutes.

❸ Cover the metal tray with a cooking sheet. Lay the chicken on the cooking sheet. Remove the ceramic tray. Place the metal tray on the **top pink** and press **Grill|**, **21-26 min** to cook. After 11-13 minutes, open the microwave, turn the chicken over, and then put it back in the microwave to continue cooking, until it reaches 21-26 minutes and the chicken turns gold in color.

❹ Combine a 1/4 cup of undiluted coconut milk and the rest of the spices in a bowl and mix them together. Place the bowl in the

Manual Cooking

Microwave
600W
(Preparation)

Manual Select

Start Reheat

Microwave
(Relay heating)

Microwave
600 W
4-5 min.
200 W
19-21 min.

→P.E-40



Ceramic tray

Water tank

Empty

Beef Rendang



Ingredients

- One cup = 250ml.
- 350g beef sirloin diced into 2.5 x 2.5cm pieces
- 3 tbsp grated coconut
- 1/4 cup undiluted coconut milk
- 2 tbsp vegetable oil
- 2 kaffir lime leaves
- 3/4 cup medium thick coconut milk

Ingredients for Marinade

- 1/2 tsp granulated salt
- 1/2 tsp sugar
- 1/2 tsp seasoning sauce

Ingredients for Spice (Rempah)

- 60 g peeled shallot
- 1 sliced lemongrass sprig
- 1 1/2 tsp sliced galangal
- 2 red goat peppers
- 2 pieces sliced ginger
- 1 clove peeled garlic
- 2 crushed macadamia nuts
- 10 dried goat peppers soaked in water
- 1/2 tsp shrimp paste

Ingredients for Seasoning

- 1/8 tsp granulated salt
- 1/2 tsp sugar
- 1/2 tsp flavoring sauce

microwave. Press **Microwave|600W|**and enter **4-5 min.** to cook. Take the bowl out of the microwave. Stir. Add the grilled chicken, seasoning, and the rest of undiluted coconut milk to the bowl and stir.

❸ Place the bowl in the microwave. Press **Microwave|600W|**and enter **8-11 min.** to cook. After 5 minutes, remove the bowl, turn over the the chicken, and stir. Place the bowl back in the

Directions

❶ Marinate the beef in the marinade ingredients for 30 minutes.

❷ Put all the spice ingredients in the blender and blend thoroughly, and then set them aside.

❸ On a plate, spread 3 tablespoons of grated coconut into a thin layer. Place the plate in the microwave. Press **Microwave|600W|**and enter **2-3 min.** to cook. Remove the plate from the microwave, stir the coconut, let cool, and then thoroughly crush the coconut.

❹ Combine the vegetable oil and kaffir lime leaves in a bowl. Place the bowl in the microwave. Press **Microwave|600W|**and enter **1 min. 30 sec.-2 min.** to cook until it makes a nice aroma. Remove the bowl from the microwave. Add the spices and stir. Place the bowl back in the microwave. Press **Microwave|600W|**and enter **2-3 min.** to cook. Take the bowl out of the microwave.

* When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

❺ Add the beef and coconut milk, and mix well. Place the bowl in the microwave and close the lid. Use the relay heating function **→P.E-40** by pressing **Microwave|600W|**and entering **4-5min.**, and then press **Microwave|200W|**and enter **19-21min.** Continue to cook until the time is up. Take the bowl out of the microwave and stir.

❻ Add the undiluted coconut milk. Flavor with granulated salt, sugar, and flavoring sauce. Add the crushed coconut from ❸. Mix thoroughly. Put the bowl in the microwave. Press **Microwave|600W|**and enter **8-15 min.** to cook. After the first 5 minutes, remove the bowl and stir. Put it back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave and stir the mixture again.

❼ Place the Beef Rendang on a dish and serve while hot.

Relay Heating **→P.E-40**

Manual Cooking (Microwave Heating) **→P.E-38**

[Tips]

- Makes 3-4 servings

microwave. Close the microwave and continue cooking.

❻ Arrange a plate and serve.

Manual Cooking (Grill) **→P.E-41**

Manual Cooking (Microwave Heating) **→P.E-38**

[Tips]

- Makes 3-4 servings
- A well-prepared dish depends on chicken that is not dry. A juicy chicken will be tender and delicious.

Manual Cooking		
 		
Microwave	Microwave 600W	Water tank
→ P.E-38	2 min. 30 sec.–3 min.	Empty

Spicy Shrimp Soup (Tom Yam Goong)



Ingredients

- One cup = 250ml.
- 350 g peeled banana shrimp with tail
- 4-5 kaffir lime leaf
- 5 crushed and chopped galangal rings
- 2 pieces of crushed and chopped lemongrass (20 g)
- 10 slightly crushed guinea peppers
- 5 tbsp fish sauce
- ¼ cup lime juice
- 1 tbsp chili paste
- ⅓ cup evaporated milk
- 4 cups chicken broth or water
- 1 stalk coriander leaf

Directions

- Combine the kaffir lime leaf, galangal, lemongrass, and chicken broth in a bowl. Place the bowl in the microwave and close the lid. Press **[Microwave|600W]** and enter **[9–12 min.]** to cook.
- Take the bowl out of the microwave. Flavor with crushed guinea pepper, lime juice, fish sauce, chili paste, and evaporated milk. Stir and set aside.
- Lay the shrimp on the plate and cover with food wrap. Put the plate in the microwave. Press **[Microwave|600W]** and enter **[2 min. 30 sec.–3 min.]** to cook. Take the plate out of the microwave. Add the cooked shrimp.
- Ladle the soup into a bowl and sprinkle it with coriander. Serve while hot.

Manual Cooking (Microwave Heating) → P.E-38

[Tips]

- One shrimp weighs about 60 g.
- After peeling, 600 g of shrimp will weigh about 350 g.

Manual Cooking		
 		
Microwave	Microwave 600W	Water tank
→ P.E-38	5–7 min.	Empty

Won Ton Soup



Ingredients

- One cup = 250ml.
 - 20 won ton sheets
 - 1 cup coarsely chopped white prawns (200 g)
 - ⅛ tsp granulated salt
 - 120 g Chinese mustard green diced into 4 cm pieces
 - 1 tbsp dry-pickled vegetables
 - 2 tbsp coarsely chopped green onion
 - 2 tbsp coarsely chopped coriander
 - 2 tbsp chopped garlic
 - ¼ cup vegetable oil
 - 2 tsp coriander root
 - 1 tbsp sliced garlic
 - ¼ tsp pepper
 - Ground pepper
- Ingredients for Soup
- 4 ½ cups chicken broth
 - 2 ½ tbsp soy sauce
 - ¼ tsp granulated salt
 - 1 tsp sugar
 - ¼ tsp slightly crushed pepper

Directions

- Combine the chopped garlic and vegetable oil in a bowl and mix thoroughly. Place the bowl in the microwave. Press **[Microwave|600W]** and enter **[2–3 min.]** to cook. Take the bowl out of the microwave.
- When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.
- Lay the Chinese mustard green on a plate, sprinkle with water, and then

cover with food wrap. Place the plate in the microwave. Press **[Microwave|600W]** and enter **[2–3 min.]** to cook. Take the plate out of the microwave and immediately immerse it in cold water to maintain the bright green color of the Chinese mustard green. Drain.

- Combine and then crush the coriander root, garlic, and pepper.
 - Thoroughly mix the shrimps with the granulated salt and the ingredients from ③. Fill the won ton sheets with the mixture and tightly fold them. Lay the folded won ton on a plate and thoroughly sprinkle them with water. Cover the plate with food wrap. Place the plate in the microwave. Press **[Microwave|600W]** and enter **[3–4 min.]** to cook until the shrimps turn pink. Take it out of the microwave.
 - Combine all the soup ingredients in the container and put it in the microwave. Press **[Microwave|600W]** and enter **[5–7 min.]** to cook.
 - Arrange the won ton in a bowl with the Chinese mustard green underneath. Sprinkle with green onion, coriander, dry-pickled vegetable leaves, ground pepper, and the fried garlic from ①. Pour the soup into a bowl and serve.
- Manual Cooking (Microwave Heating) → P.E-38
- [Tips]
- Makes 4 servings.

Manual Cooking		
 		
Microwave	Microwave 600W	Water tank
→ P.E-38	4–5 min.	Empty

Flat Rice Noodles Roll



Ingredients

- One cup = 250ml.
 - 500 g flat rice noodles (cut into 20 x 23 cm pieces)
 - 4 cups mung bean sprouts (tails removed)
 - 2 tbsp chopped garlic
 - 3 tbsp vegetable oil
- Ingredients for roll filling
- 1 cup ground pork (200 g)
 - ½ cup chopped shrimp (100 g)
 - 2 tbsp chopped stalk green onion
 - ¼ cup pressed bean curd cake (shredded)
 - 2 coriander root
 - 5 cloves garlic
 - ½ tsp crushed pepper
 - 1 ½ tbsp light soy sauce
 - 1 egg white
- Ingredients for dipping sauce
- ¼ cup vinegar
 - ¼ cup black soy sauce
 - 2 tbsp flavoring sauce
 - ¼ cup fish sauce
 - 7 tbsp thick syrup
 - 2 tbsp crushed yellow goat pepper
 - 2 tbsp chopped garlic

Directions

- Thoroughly rinse the bean sprouts and put them in a bowl. Place the bowl in the microwave and close the lid. Press **[Microwave|600W]** and enter **[2–3 min.]** to cook. Take the bowl out of the microwave. Soak the bean sprouts in cold water to cool them and drain.
 - Combine the chopped garlic and vegetable oil in a bowl and mix thoroughly. Place the bowl in the microwave. Press **[Microwave|600W]** and enter **[1 min. 50 sec.–2 min.]** to cook until the garlic turns slightly golden. Remove from the microwave, put the garlic in a container, and set aside.
 - Combine all the filling ingredients. Lay the flat rice noodles on a plain container. Take a scoop of the filling and apply it to 1/2 of a noodle. Put the bean sprouts on the edges and tightly roll the noodle. Lay 3 rolled noodles on a plate. Place the plate in the microwave and close the lid. Press **[Microwave|600W]** and enter **[4–5 min.]** to cook. Take the plate out of the microwave, cut the noodle rolls into bite-size pieces, and then put them on a serving plate. Sprinkle with garlic and serve with dipping sauce.
 - Combine all the dipping sauce ingredients in a small dish.
- Manual Cooking (Microwave Heating) → P.E-38

[Tips]

- Makes 3–4 servings
- 1 flat rice noodle roll contains about 70 g of filling and 30 g of bean sprouts.

Manual Cooking		
 		
Microwave	Microwave 600W	Water tank
→ P.E-38	6–10 min.	Empty

Baked Crab with Vermicelli in Clay Pot



Ingredients

- One cup = 250ml.
- 1 sea crab (450-500 g)
- 2 cups soaked and cut vermicelli (250 g)
- ½ cup sliced leaf lard or bacon (80 g)
- ½ tsp granulated salt
- 1 tsp ground black pepper
- 1 ½ tsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp oyster sauce
- 1 ½ tsp sugar
- 2 tsp sweet black soy sauce
- 1 tsp fragrant chili
- 4 slices old ginger (10 g)
- 5 coriander roots (5 g)
- 10 cloves garlic (10 g)
- ½ cup chicken broth
- 2 stalks green onion cut into 7.5 cm-long pieces (10 g)
- 1 sprig celery cut into 2.5 cm-long pieces (2 g)

Directions

- Rinse the crab and chop it into 6 pieces. Sprinkle with granulated salt, black pepper, soy sauce, and sesame oil, and then mix. Let the crab sit for 15 minutes.
- Combine the fragrant chili, old ginger, coriander root, garlic, and leaf lard (or bacon) in a bowl. Place the bowl in the microwave. Press **[Microwave|600W]** and enter **[3–4 min.]** to cook.
- Combine the vermicelli, broth, oyster sauce, sugar, sweet black soy sauce, green onions, celery, and mixed crab. Close the lid and place the bowl in the microwave. Press **[Microwave|600W]** and enter **[6–10 min.]** to cook. Take the bowl out of the microwave.
- Thoroughly mix and serve.

Manual Cooking (Microwave Heating) → P.E-38

[Tips]

- Makes 3–4 servings.
- If you want extra soft vermicelli, add ¼ cup more of soup.
- Certain brands of vermicelli absorb moisture more efficiently than others.
- Thinly slice the leaf lard so that it produces more oil.

Manual Cooking		
 		
Microwave	Microwave 600W	Water tank
→ P.E-38	2–4 min.	Empty

Pork in Crystal Balls



Ingredients for Crystal Ball

- One Cup = 250ml.
 - 2 cups premium small sago
 - ¾ cup water
- Ingredients for Pork Filling
- 1 cup minced pork
 - 1 cup pickled Chinese turnip (grated)
 - 1 cup chopped shallot
 - ½ cup crushed roasted peanuts
 - 2 tsp sliced coriander root
 - 1 tbsp sliced garlic
 - 1 tsp pepper
 - 1 cup palm sugar
 - 2 tbsp fish sauce
 - 2 tbsp vegetable oil
 - Fried garlic
 - Coriander
 - Guinea pepper
 - Lettuce

Directions

- Combine and then crush the coriander root, garlic, and pepper.
- Combine the vegetable oil and ingredients from item 1 in a bowl. Mix thoroughly. Place the bowl in the microwave. Press **[Microwave|600W]** and enter **[1 min.–1 min. 30 sec.]** to cook until it makes a nice aroma. Take the bowl out of the microwave. With the exception of the peanuts, add the rest of the ingredients and mix thoroughly. Place the bowl in the microwave. Press **[Microwave|600W]** and enter **[13–17 min.]** to cook. (Take the bowl out of the microwave every 5 minutes and stir the ingredients.) Take the bowl out of the microwave. Add the peanuts and stir. Put the bowl back in the microwave. Press **[Microwave|600W]** for another **[1 min. 30 sec.–3 min.]** Take the bowl out and mix the ingredients. Allow to cool, and then mold the mixture into balls 1 cm in diameter.
- Rinse the sago, drain, and set aside. Pour the water into a bowl. Place the bowl in the microwave and close the lid. Press **[Microwave|600W]** for another **[2 min.–2 min 30 sec.]** Take the bowl out and add the sago to the hot water. Press the sago with a spatula to immerse it in the water. Place the bowl back into the microwave. Press **[Microwave|600W]** for another **[1 min.–1 min. 30 sec.]** Take the bowl out of the microwave. Thoroughly mix the sago and set aside.
- Spread 10 g of sago on the food wrap, put a filling ball (about 5 g) in the middle, and then wrap it up. Lay 10 sago balls on the plate and cover them with the food wrap. Place the plate in the microwave. Press **[Microwave|600W]** and enter **[2–4 min.]** to cook. Take the plate out of the microwave. Sprinkle the dish with fried garlic. Serve with coriander, lettuce, and guinea pepper.

Manual Cooking (Microwave Heating) → P.E-38

Manual Cooking	
Manual Select Start Reheat	Ceramic tray
Microwave 600 W 8–10 min.	Water tank Empty

Steamed Pomfret with Pickled Plum



Ingredients

- One cup = 250ml.
- 1 pomfret (600 g)
- 2 tbsp sliced leaf lard
- ¼ cup dried Chinese mushroom soaked in water and vertically cut
- ¼ cup green onion cut into 2.5 cm-long pieces
- ¼ cup celery cut into 2.5 cm-long pieces
- 1 pickled plum
- 2 tbsp red goat chili vertically cut
- 2 tbsp chopped fresh ginger
- ½ knob of old ginger (crushed)

Ingredients for Sauce

- 4 tsp pickled plum sauce
- 2 tsp sugar
- 2 tsp soy sauce
- 1 tsp Chinese rice wine
- ½ tsp ground pepper
- 1 tbsp sesame oil

Directions

① Clean and gut the fish and rinse thoroughly. Score the fish and drain.

② Stuff the fish with old ginger. Lay the fish on a serving plate and sprinkle with leaf lard, Chinese mushroom, green onions, celery, chopped fresh ginger, goat pepper, and pickled plum.

③ Combine all the sauce ingredients. Pour the sauce on the fish. Close the lid or cover the plate with food wrap. Place the plate in the microwave. Press **Microwave** **[600W]** and enter **8–10 min.** to cook. Take out of the microwave and serve.

Manual Cooking(Microwave Heating) ➡P.E-38

Manual Cooking	
Microwave 600W 200W (Preparation) Manual Select Start Reheat	Ceramic tray
Microwave 600 W 11–13 min.	Water tank Empty

Soft Rice and Pork Ribs



Ingredients

- One cup = 250ml.
- 200 g pork ribs cut into 3 cm-long pieces
- ¼ cup dried shrimp (not salty)
- ½ cup rice
- ¼ cup celery cut into sections
- 1 tbsp dry-pickled vegetables
- 2 tbsp crispy fried garlic
- 1 ½ tsp light soy sauce
- ½ tsp ground pepper
- 4 cups chicken broth
- ½ cup dried pressed bean curd slices
- 1 ½ cups vegetable oil

Directions

① Thoroughly rinse the pork ribs, and then put them in a serving pot. Add the chicken broth. Put the microwave cover on the pot and place it in the microwave. Press **Microwave** **[600W]** and enter **10–12 min.** to cook.

Uncover and remove fatty impurities from the surface of the broth. Lower the power to **Microwave** **[200W]** and enter **18–22 min.** to cook.

② Thoroughly rinse the rice and drain. Put the rice and dried shrimp into a pot. Season with light soy sauce and ground pepper. Put the microwave cover on the pot and place it in the microwave. Press **Microwave** **[600W]** and enter **11–13 min.** to cook until the rice is cooked. Take the pot out of the microwave and ladle the contents into a bowl. Sprinkle with fried garlic, celery, and dry-pickled vegetables. Serve while hot with fried bean curd slices.

How to fry bean curd

Pour oil into a heat-resistant bowl and put it in the microwave. Press **Microwave** **[600W]** and enter **6–8 min.** to cook.

Open the microwave and take the bowl out. Put the bean curd slices into the bowl and stir until the bean curd is well cooked. While stirring, be careful not to get spattered by hot oil. Put the bean curd onto a paper towel.

- When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

Manual Cooking (Microwave Heating) ➡P.E-38

[Tips]

- Makes 4 servings

Manual Cooking	
Microwave 600W 200W (Preparation) Manual Select Start Reheat	Ceramic tray
Microwave 600 W 2–3 min.	Water tank Empty

Honey Roasted Pork Spare Ribs



Ingredients

- One cup = 250ml.
- 500 g pork spare ribs
- 200 g Chinese mustard green cut into 5 cm-long pieces
- 1 ½ tsp corn flour
- 1 ½ tsp water

Ingredients (1)

- 2 tbsp cake flour
- 1 tbsp flavoring sauce
- ¾ tsp ground pepper
- ½ tsp sweet black soy sauce
- 1 tbsp oyster sauce
- 1 tbsp sesame oil
- 2 tbsp honey

Ingredients (2)

- 1 tbsp honey
- 1 tsp sugar
- ½ tsp granulated salt
- 1 tsp sweet black soy sauce
- ½ cup chicken broth

Directions

① Rinse the pork spare ribs, and then wipe them dry. Combine the spare ribs with ingredients ① and let sit for about 1 hour.

② Lay the mixed spare ribs on a dish and place it in the microwave. Press **Microwave** **[600W]** and enter **6–8 min.** to cook until the mixed spare ribs are cooked.

③ Add ingredients ② and mix thoroughly. Place the dish in the microwave and close the lid. Press **Microwave** **[200W]** and enter **24–27 min.** to cook. Take the dish out of the microwave.

④ Dissolve the corn flour in water, pour it on the spare ribs, and then mix thoroughly. Place the dish in the microwave. Press **Microwave** **[600W]** and enter **2–3 min.** to cook.

⑤ Lay the Chinese mustard greens on a dish and cover them with food wrap. Place the dish in the microwave. Press **Microwave** **[600W]** and enter **1 min. 30 sec.–4 min.** to cook. Take the dish out of the microwave and remove the food wrap. Cool the Chinese mustard greens by immersing them in very cold water. Drain.

⑥ Arrange the honey roasted spare ribs and the Chinese mustard green on a serving plate. Serve while hot.

Manual Cooking (Microwave Heating) ➡P.E-38

[Tips]

- Makes 2-3 servings.

Manual Cooking	
Manual Select Start Reheat	Ceramic tray
Microwave (Relay heating) 600 W 13–17 min. 200 W 20–22 min. 600 W 5–7 min.	Water tank Empty

Cassertyole Duck Thai Style



Ingredients

- One cup = 250ml.
- ½ stewed duck (about 600g)
- 4 cups chicken broth
- 2-3 slices galangal
- 2 sprigs crushed and chopped lemongrass
- 2 red goat chili peppers chopped into 2.5cm-long pieces
- 2 kaffir lime leaves
- 3 shallot bulbs (crushed) (10 g each)
- 2 tbsp lime juice
- 2 tbsp fish sauce
- 1 tbsp flavoring sauce
- 10 small tomatoes (10 g each)

Directions

① Chop the stewed duck into bite size pieces and put in a container. Combine the chicken broth, galangal, lemongrass, goat pepper, kaffir lime leaves, and shallots. Place the container in the microwave and close the lid. Use the relay heating function ➡P. E-40 by pressing **Microwave** **[600W]** and entering **13–17 min.**, and then pressing **Microwave** **[200W]** and entering **20–22 min.** Microwave until the duck meat is tender. Take the container out of the microwave.

② Add the small tomatoes and flavor with lime juice, fish sauce, and flavoring sauce. Place the container in the microwave. Press **Microwave** **[600W]** and enter **5–7 min.** to cook. Take it out of the microwave and serve.

Manual Cooking (Microwave Heating) ➡P.E-38

Manual Cooking	
Microwave 600W 4 min.–4 min. 30 sec. (Preparation) Manual Select Start Reheat	Ceramic tray
Microwave 600 W 14–16 min. 200 W 18–20 min.	Water tank Empty

Chicken Drum Stick Panang



Ingredients

- One cup = 250ml.
- ¼ cup undiluted coconut milk
- 1 tbsp vegetable oil
- 6 chicken drum sticks (740 g)
- ¾ cup medium thick coconut milk
- 2 tbsp fish sauce
- 1 tbsp palm sugar
- ¼ cup sweet basil leaf
- 3 sliced kaffir lime leaf
- 1 sliced red goat pepper

Ingredients for Panang chili paste

- 7 dried red goat peppers without seeds (30 g)
- ¼ cup chopped shallot (30 g)
- 2 tbsp chopped garlic (10 g)
- 1 tbsp chopped galangal
- 2 tbsp chopped lemongrass
- 1 tsp sliced kaffir lime peel
- 2 tsp sliced coriander root
- ½ tsp ground pepper
- ½ tsp granulated salt
- 1 tsp shrimp paste

Directions

① Finely crush the Panang chili paste ingredients.

② Combine the vegetable oil, Panang chili paste, and undiluted coconut milk in a bowl, and mix thoroughly. Place the bowl in the microwave. Press **Microwave** **[600W]** and enter **4–4 min. 30 sec.** to cook.

③ Add the chicken drum sticks to the Panang chili paste. Add the coconut milk. Flavor with fish sauce and palm sugar. Close the lid and place the bowl in the microwave. Press **Microwave** **[600W]** and enter **14–16 min.** to cook. Remove the lid and lower the power to **Microwave** **[200W]** for another **18–20 min.** Take the bowl out of the microwave and mix the ingredients. Sprinkle the dish with kaffir lime leaves, sweet basil leaves, and goat pepper.

[Tips]

- Makes 5-6 servings
- After the Panang chili paste ingredients are crushed you will have about a 1/2 cup of paste.
- If you want a thicker red curry, cook the Panang chili paste for another 3 minutes

Manual Cooking (Microwave Heating) ➡P.E-38

Manual Cooking	
Manual Select Start Reheat	Metal tray Mid
Oven (Preheat No, 1 Level) 230 °C 27–32 min.	Water tank Empty

Masala Chicken



Ingredients

- One cup = 250ml.
- 500 g whole chicken wings
- 1 tsp corn seed oil
- ¼ tsp cumin powder
- ½ tsp coriander seed powder
- ¼ tsp turmeric powder
- ¼ tsp paprika powder
- ½ tsp masala powder
- ¼ tsp grated lemon peel
- ½ tsp lime juice
- 1 ½ tsp granulated salt

Directions

① Combine the cumin powder, coriander seed powder, turmeric powder, paprika powder, masala powder, lemon peel, granulated salt, lime juice, and corn seed oil.

② Add the chicken wings and marinate for 3 hours.

③ Cover the metal tray with a cooking sheet. Lay the chicken wings on the center of the metal tray. Apply a thin coat of corn seed oil to the chicken wings. Remove the ceramic tray. Place the metal tray on the **mid rack** and press **Oven**, **[1Level]**, **230°C**, **27–32 min.** with **Preheat No** to cook. After the first 18 minutes, open the microwave, turn over the chicken, and apply a thin coat of corn seed oil. Continue cooking until the time is up and the wings turn golden brown. Take the metal tray out of the microwave.

④ Arrange the Masala Chicken on the dish together with salad greens, chili sauce, and tomato sauce. Serve while hot.

Manual Cooking (Oven Heating: Preheat No) ➡P.E-44

[Tips]

- Makes 4–5 servings
- If you want crispier chicken wings, cook them a while longer.
- Once cooked, the chicken will have juicy meat with golden skin.

Manual Cooking

Microwave
600W
(Preparation)

Manual Select

Start Reheat

Microwave
→P.E-38

Microwave
600 W
13–15 min.

Ceramic tray

Water tank
Empty

Fish Kabsa



Ingredients

- One cup = 250ml.
- 500 g sea bass (cut into 2.5 x 2.5 cm pieces)
- 400 g jasmine rice
- 1/3 cup vegetable oil
- 2 chopped onions (medium size)
- 1/2 tsp grated ginger
- 1/2 tsp crushed garlic
- 2 green goat peppers (julienne cut)
- 3 sliced medium-sized tomato (cut in rings)
- 1/2 tsp cardamom
- 1/2 tsp dried clove bud
- 1/4 cup roughly chopped coriander
- 1 1/4 tsp granulated salt
- 1/2 tsp cinnamon powder
- 1/2 tsp turmeric powder
- 1/2 tsp coriander seed powder
- 1 cup water
- Chili sauce

Directions

1 Thoroughly wash the jasmine rice, and then soak it in water for 15 minutes.

2 Thoroughly rinse the fish and drain. Sprinkle the fish with cinnamon powder, turmeric powder, and coriander seed powder. Mix the powder thoroughly and let sit for 15 minutes.

3 Add the vegetable oil to a bowl. Place the bowl in the microwave. Press **Microwave** **600W** and enter **2–3 min.** to cook until it is hot. Take the bowl out of the microwave. Lay the fish in the bowl. Place the bowl in the microwave. Press **Microwave** **600W** and enter **4 min.–4 min. 30 sec.** to cook. After the fish is cooked, drain the oil with a ladle.

• When taking out the container, be careful of burns. Use a thick, dry dishcloth or a commercially available oven mitt.

4 Add the onion, garlic, and ginger in the oil left from 3, and stir. Place the bowl in the microwave. Press **Microwave** **600W** and enter **13–15 min.** to cook. After the first 7 minutes, remove the bowl and add the goat pepper, cardamom, and clove bud. Stir. Place the bowl back into the microwave and continue cooking until the time is up.

5 Take the bowl out and stir. Add the tomatoes. Place the bowl back in the microwave. Press **Microwave** **600W** and enter **4–5 min.** to cook. After the tomatoes are cooked, take the bowl out of the microwave.

6 Dissolve salt in water and set it aside.

7 Mix the jasmine rice and coriander with the mixture from 5. Bury the fried fish in the rice. Pour the salt water from 6 over the rice. Place the bowl in the microwave and close the lid. Press **Microwave** **600W** and enter **13–15 min.** to cook until it is well cooked. Take the bowl out of the microwave and stir.

8 Put the Fish Kabsa on a well-decorated dish. Serve with chili sauce.

Manual Cooking (Microwave Heating) →P.E-38

[Tips]

- Makes 4–5 servings.
- To remove the fishy smell, sprinkle the fish with salt and cassava (potato flour), rinse, and then drain.

Manual Cooking

Microwave
600W
2 min.–2 min. 30 sec.
(Preparation)

Manual Select

Start Reheat

Microwave
→P.E-38

Microwave
600 W
8–11 min.

Ceramic tray

Water tank
Empty

Spicy Bean Soup



Ingredients

- One cup = 250ml.
- 140 g corn in salt water
- 1 cup vegetable stock
- 1 tbsp coarsely chopped parsley
- 1 tbsp lime juice
- 1/2 tsp ground pepper
- 1/4 tsp granulated salt
- 1 tsp coarsely chopped green onion
- Sour cream
- Cheddar cheese
- Arabic bread cut into 1 1/2 cm-long pieces and baked as you like

Directions

1 Combine the sunflower seed oil, onion, garlic, cumin, ground pepper, and granulated salt in a bowl. Place the bowl in the microwave. Press **Microwave** **600W** and enter **2 min.–2 min. 30 sec.** to cook. Take the bowl out of the microwave. Stir.

2 Add the corn, red beans, parsley, and vegetable stock to the bowl, and mix thoroughly. Place the bowl in the microwave and close the lid. Press **Microwave** **600W** and enter **8–11 min.** to cook. After the first 5 minutes, remove the bowl, stir, and then put it back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave.

3 Add lime juice and stir. Ladle the soup into a serving cup, garnish it with cheddar cheese, and then sprinkle it with bread and sour cream. Embellish the soup with coarsely chopped green onion and serve.

Manual Cooking (Microwave Heating) →P.E-38

[Tips]

- Makes 3–4 servings
- After removing the Spicy Bean Soup from the microwave, the amount of soup will decrease as the ingredients absorb it.

Manual Cooking

Microwave
600W
11–14 min.
230°C
9–12 min.

Manual Select

Start Reheat

Microwave
→P.E-38

Oven
(Preheat No, 1 Level)
→P.E-46

Ceramic tray for Microwave

Metal tray bottom for oven

Water tank
Empty

Stuffed Zucchini



Ingredients

- One cup = 250ml.
- 9 hollowed and cut zucchinis (cut into 6.5 cm-long pieces)
- 1/4 cup water
- 2 tbsp lime juice
- 2 tbsp olive oil
- Coriander
- Mint yogurt

Ingredients for Filling

- 1/2 cup jasmine rice
- 3 tbsp coarsely chopped coriander
- 3 tbsp coarsely chopped dill
- 1/2 cup coarsely chopped onion
- 1/2 cup vegetable stock
- 1/2 tsp coarsely chopped and crushed garlic
- 1/2 tsp coarse ground black pepper
- 1/2 tsp curry powder
- 1 tsp granulated salt
- 1/2 cup coarsely chopped tomato pulp

Directions

1 Thoroughly rinse the jasmine rice, soak it in water for 10 minutes, and then drain the water.

2 Combine the filling ingredients.

3 Hollow out the zucchini, rinse it thoroughly, and then drain. Stuff the zucchini with filling and put it in a bowl. Add the rest of the filling to the bowl, and then add water. Place the bowl in the microwave and close the lid. Press **Microwave** **600W** and enter **11–14 min.** to cook until it is well cooked.

• Be sure to use a microwave oven safe bowl.

4 Remove the bowl from the microwave. Pour the olive oil and lime juice on the ingredients. Place in the center of the metal tray. Remove the ceramic tray and insert the metal tray into the **bottom rack**. Press **Oven**, **1 Level**, **230°C**, **9–12 min.** with **Preheat No** to cook. When the stuffed zucchini has a slight burn mark, take the bowl out of the microwave.

5 Place the Stuffed Zucchini on a dish and embellish it with coriander. Serve with mint yogurt.

Manual Cooking (Microwave Heating) →P.E-38

Manual Cooking (Oven Heating: Preheat No) →P.E-46

[Tips]

- Makes 3–4 servings
- If you like a more sour flavor, add more lime juice.

Manual Cooking

Microwave
600W
5–7 min.
18–20 min.
200°C
40–50 min.

Manual Select

Start Reheat

Microwave
→P.E-38

Oven
(Preheat No, 1 Level)
→P.E-46

Ceramic tray for Microwave

Metal tray bottom for oven

Water tank
Empty

Lebanese Meatballs



Ingredients

- One cup = 250ml.
- 500 g chopped mutton
- 330 g coarsely chopped onion (2 bulbs)
- 4 cloves chopped garlic
- 1/4 cup coarsely chopped coriander
- 1 tsp paprika powder
- 1 tsp grated lime peel
- 2 tsp lime juice
- 2 tsp concentrated tomato
- 4 tsp pine nuts
- 1 egg
- 6 tsp flour (cake flour)
- 1 1/2 tsp granulated salt
- 1 tsp coarse ground black pepper
- 3 tbsp corn seed oil
- 2 tbsp olive oil
- 3 cups diced potatoes
- 1/2 sliced red sweet pepper
- 1/2 sliced yellow sweet pepper
- 4 cups tomato juice
- 2 tsp ground cumin
- 2 tbsp coarsely chopped parsley

Directions

1 Combine the chopped mutton with the onions, garlic, coriander, parsley, paprika powder, lime juice, grated lime peel, concentrated tomato, pine nuts, egg, and flour. Flavor with 1 1/4 teaspoons of granulated salt and black pepper. Thoroughly mix the ingredients, and then shape the chopped mutton into balls about 15 g each.

2 Add the corn seed oil to a bowl. Neatly arrange the 20 balls in the bowl. Put the bowl in the microwave. Press **Microwave** **600W** and enter **5–7 min.** to cook until it is medium cooked. Take the bowl out of the microwave. Ladle the mutton to drain the oil and set aside (do the same to the rest of the mutton without adding more oil).

3 Combine the olive oil, sweet peppers, cumin, tomato juice, potatoes, the rest of the salt, and the mutton, and mix well. Put the bowl in the microwave and set press **Microwave** **600W** and enter **18–20 min.** to cook.

• Be sure to use a microwave oven safe bowl.

After the first 10 minutes, remove the bowl, stir, and then put the bowl it back in the microwave until the time is up. When the mutton is well cooked, take the bowl out of the microwave.

4 Cover the bowl with foil and place it in the center of the metal tray. Remove the ceramic tray and insert the metal tray into the **bottom rack**. Press **Oven**, **1 Level**, **200°C**, **40–50 min.** with **Preheat No** to cook. Take the bowl out of the microwave.

5 Serve while hot with rice or egg noodle.

Manual Cooking (Microwave Heating) →P.E-40

Manual Cooking (Oven Heating: Preheat No) →P.E-46

[Tips]

- Makes 6–8 servings
- Softer mutton is juicier. If you want the mutton juicier, reduce the oven time in 4 to 30 minutes.

Manual Cooking

Microwave
600W
5–6 min.
(Preparation)

Manual Select

Start Reheat

Microwave
→P.E-38

Microwave
600W
20 min.
10–12 min.

Ceramic tray

Water tank
Empty

Lamb with Green Herbs



Ingredients

- One cup = 250ml.
- 500 g diced lamb chops (no bone)
- 2 tbsp sunflower seed oil
- 3 chopped medium-sized onions (150 g each)
- 1 tsp crushed garlic
- 1 tsp grated ginger
- 1 tsp turmeric powder
- 1/4 tsp granulated salt

Ingredients for Marinade

- 1 1/4 cups plain yogurt
- 1 coarsely chopped green pepper
- 1 cup coarsely chopped coriander
- 1/2 cup coarsely chopped spinach
- 3 tsp coarsely chopped fenugreek
- 3 tsp coarsely chopped mint leaves
- 6 pieces coarsely chopped green goat pepper (no seeds)
- 1 tsp masala powder
- 1/4 tsp chopped galangal
- 1/2 tsp paprika powder
- 1/2 tsp granulated salt

Directions

1 Combine the ingredients in a bowl. Marinade the lamb chops in the ingredients for 1 hour.

2 Combine the sunflower seed oil, garlic, onion, galangal, ginger, and granulated salt in a bowl. Place the bowl in the microwave. Press **Microwave** **600W** and enter **5–6 min.** to cook. Take the bowl out of the microwave and stir.

3 Add the marinated lamb chops to the mixture from 2. Mix thoroughly. Place the bowl in the microwave and close the lid. Press **Microwave** **600W** and enter **20 min.**, stir, and then press **Microwave** **600W** for another **10–12 min.**

After the first 15 minutes, remove the bowl, stir the lamb chops, and then put the bowl back in the microwave and continue cooking until the time is up. Take the bowl out of the microwave.

4 Sprinkle turmeric powder on the lamb chops and mix thoroughly. Serve with hot cooked rice.

Manual Cooking (Microwave Heating) →P.E-38

[Tips]

- Makes 3–4 servings
- For tender, easy-to-chew cooked lamb, soft lamb is recommended.

Specifications				
Power source		AC 220V, 50Hz	AC 230V, 50Hz	AC 240V, 50Hz
Microwave oven	Power consumption 1,450W	6.6A	6.3A	6.0A
	High-frequency output	1,000W, 700W, 600W, 500W, 200W equivalent, 100W equivalent		
	Oscillation frequency	2,450 MHz		
Grill	Power consumption 1,370W (heater 1,330W)	6.2A	6.0A	5.7A
Oven	Power consumption 1,370W (heater 1,330W)	6.2A	6.0A	5.7A
Temperature adjustment range		Leaven, 100°C–230°C, 250°C. The operation period at 250°C is about five minutes. Afterwards, the temperature automatically switches to 230°C.		
External dimensions		Width 501 mm x depth 505 mm x height 412 mm		
Usable dimensions of oven cavity		Width 400 mm x depth 322 mm x height 240 mm		
Mass (weight)		About 20.0 kg		